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THE NEWSPAPER FOR MAIDSTONE, MALLING, LARKFIELD AND SURROUNDING VILLAGES

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Issue No 54
Available from Wednesday,
September 17, 2008



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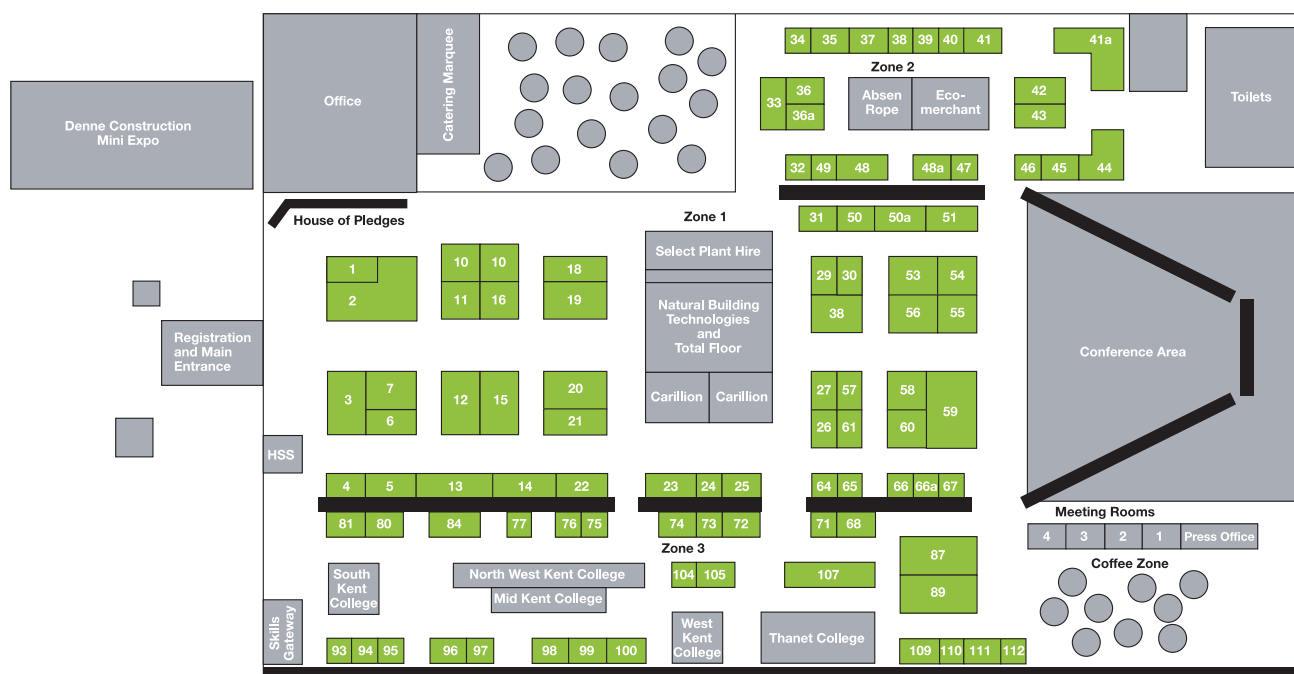
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FEAR OVER KILLER GAS AT NEW FLATS

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Picture PHIL ROYAL

FIRE STATION 50 NOT OUT

About 400 people helped Maidstone fire station celebrate its 50th anniversary during an open day on Saturday.

Excited children were given the opportunity to accomplish every youngster's dream by sitting in the driver's seat of a fire engine wearing the distinctive yellow helmet during the fun event.

A crew from the station demonstrated fire displays to the crowd, including rescuing someone from a vehicle involved in a road traffic collision.

The fire station was originally based in the Market Buildings in Maidstone town centre but moved to its new home on Loose Road in September 13, 1958, for more space.

EXCLUSIVE

BY ANNA WHITE

A HOUSING developer has warned residents of newly-built flats that they may have been put at risk of carbon monoxide poisoning.

Due to concerns about gas leaks at Riverside Plaza in Hart Street, Maidstone, Barratt Homes has issued occupants with a precautionary letter.

The letter told homeowners that they needed to urgently contact British Gas to have their central heating checked or face having their gas supply capped.

A concerned resident contacted Yourmaidstone after receiving the letter which stated: "There is a risk that a defective flue system can lead to carbon monoxide (CO) fumes entering your home, which can be highly toxic and in certain circumstances can be fatal."

The alarmed tenant, who did not want to be named, said: "To hear that there are defective flats on the complex is not something you would expect."

"It's concerning because we moved in during February this year and had the central heating on. To think that we could have not woken up one morning is a scary thought."

The male resident, who lives with a flatmate, added: "You would have thought that newly-built flats would have been thoroughly checked and sorted out before they allowed people to move in."

"Considering the flats sell for roughly £180,000 you wouldn't expect there to be a problem with anything."

CONTINUED ON PAGE 3



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Jail for posing as millionaire businessman

■ BY NICK AMES

A BROKE barman who used the internet in his bedroom to pose as a wealthy mogul and fraudulently purchase racehorses worth more than £5 million has been jailed for three years.

Michael Baker, 28, from Pilgrims Way in Hollingbourne, pleaded guilty to four offences of fraud by false representation when buying four valuable horses.

He also admitted attempting to dishonestly obtain property – a £45,000 racehorse – and fraudulent trading.

Baker, described as a penniless "fantasist", was sentenced to three years in prison after a hearing at Maidstone Crown Court on Monday. He must serve at least half the jail term.

In sentencing Judge David Griffith-Jones QC accepted Baker suffered from a personality disorder and was not seeking to make financial gain.

But he said: "These were calculated frauds, some extending over a significant period of time, involving significant degrees of subterfuge."

Deceptions

Defence counsel Sandesh Singh said Baker had suffered from a personality disorder since 2002 and committed the deceptions out of "a desire to be valued, liked and wanted".

The court heard the barman had taken on the lease of the White Horse Inn in Sandway, near Maidstone, in January 2005.

He commissioned a £130,000 refurbishment, which was carried out by a local builder who was never paid for the work.

Baker's company went into administration in July 2006 with debts of £214,000.

The broke barman started to dabble in the high stakes world of horse-



Picture: MIKE GUNNILL

PRISON: Michael Baker has been locked up for three years for his fraudulent stunt racing after moving back into his parents' home.

Operating from his bedroom, Baker convinced Charlie Gordon-Watson – whose usual customers also include a string of Saudi Princes – that he was a "high roller" in the racing world.

Contacting his supposed "clients" only by telephone, e-mail and text message from his bedroom, he posed as a multi-millionaire.

As his appetite for bigger and bigger deals grew he tried to buy £13 million worth of racehorses from a leading American dealer.

Legendary trainer Henry Cecil, the man behind 70 Royal Ascot winners, was also tricked into buying a horse on Baker's behalf, believing he was a rich client.

But, while the deals he struck with his victims amounted to tens of millions of pounds, police say there was no suggestion he would ever get his hands on the horses, yachts and property he attempted to buy.

Car franchises to close as trading is unprofitable

MAJOR car dealership Dutton Forshaw is cutting 60 jobs after closing several of its franchises, it was reported yesterday.

Lookers Plc, owners of the Maidstone-based dealership, have released a statement confirming Skoda, Chevrolet and the trades department, will cease trading at the end of October.

Citroen will also be sold to new operators and moved to a new site in the town from November 1.

However, Mercedes Benz and Smart will not be affected by the changes, instead the owners are looking to improve and redevelop that part of the dealership.

The closures come after a review undertaken by Lookers to improve the site, which found the named franchises had not traded profitably for some time.

In a statement Lookers told Yourmaidstone: "It is with sincere regret that the company is taking actions to close elements of the Maidstone business."

"However, the actions taken will secure ongoing employment for all staff within the Mercedes, Smart and body-shop business, offering state-of-the-art facilities to our customers."

Lookers Plc, who purchased the Dutton Forshaw site in October 2007 for a reported £60 million, have said they will contact customers in respect of ongoing after-sales arrangements.

Bail granted to driver in death crash case

A 19-YEAR-old woman has been arrested on suspicion of causing death by dangerous driving following a car crash which claimed the life of a schoolgirl.

Samantha Cundall, 16, from Tovil, was a back seat passenger in a Ford Fiesta which careered off St Michael's Close in Aylesford and collided with a skip in May this year.

The New Line Learning Academy pupil suffered multiple serious injuries and lost her fight for life at Maidstone Hospital the following day.

After the fatal car crash in May, Miss Cundall's former headteacher Jenny Usher told Yourmaidstone: "She was a lovely girl, bubbly and bright."

"Sam was somebody who was always willing to give a helping hand. I watched her about a year ago putting together hampers for our OAP's party and she stayed after school to help."

The woman arrested has been released on bail to return to Maidstone police station on November 4 to allow for further investigation.

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Crowds enjoy sights and sounds of the Maidstone Mela

Festival of music and dance brings cultures together

■ BY ANNA WHITE

THOUSANDS of families enjoyed a vibrant and exotic festival which celebrated the diverse cultures living in harmony in the county town.

The sixth Maidstone Mela was staged in Mote Park on Sunday and blessed by blue skies and sunshine.

More than 10,000 people attended the multi-cultural festival of music, dance and food organised by Maidstone council and North West Kent Racial Equality Council.

A parade by children from St Michael's Primary, St Francis Primary and Archbishop Courtenay Primary schools opened the day.

The pupils then took to the stage to perform music and dance alongside Cultural Beats and Lucky Moto.

Bill Singh, from Cultural Beats, said: "I was pleased to have been given the opportunity to work with St Francis and Archbishop Courtenay schools over the past week.

"The children greatly enjoyed putting together special performances for the Mela and they were a great credit to both their schools and the borough.

"I perform at Melas around the UK and feel that Maidstone is now one of the best."

The family-friendly day was packed with entertainment for everyone and provided children with a range of



fairground attractions and activities, including face painting and popular dhol drumming workshops.

The UNISON sponsored stage featured a wide array of colourful diverse acts including the Kent Indian Dance Academy, Maidstone Nepalese Community Group, Four by Four Bhangra, Afrovia and the Mandy Ellen School of Dance - who featured on TV show Britain's Got Talent.

Maidstone council's cabinet member for leisure and culture Brian Moss said: "This year's event has been the best.

"The weather was good but it was the quality of the entertainment that really shone for me."

As well as the entertainment, there were food dishes from Britain,

India, China, Finland, Poland, Thailand and Greece available to try during the day.

Mr Moss added: "The Mela has gone from strength to strength. It brings together different cultures to enjoy the wealth of music, dance and food in Maidstone. There is something to enjoy for everyone."

There were more than 60 stalls at the event offering visitors information and community organisations including the Finnish Community Association, Congo Action, Voluntary Action Maidstone and Rotary Club had stands.

Gurvinder Sandher, assistant director of North West Kent REC, added: "The Maidstone Mela again proved to be a great success with the community coming out to support it.

"The Mela is an excellent example of how music, food and dance can be used to bring the communities together to celebrate the culture and positive community relations in Maidstone.

"I hope that we can build upon the success of this year's event to develop something even bigger and better next year."

A performance from headline act Abba tribute band Voulez Vous finished off the event.



'This is a Barratt Homes issue'

CONTINUED FROM FRONT

Barratt Homes assured residents in the letter that the heating system was installed and commissioned by an independent CORGI registered engineer and therefore would have been legally checked and certified.

A spokesman for the developer said: "After detailed discussions with the Health and Safety Executive, as a precautionary measure we engaged British Gas to conduct quality assured checks of the heat-

ing installation at Riverside Plaza."

"Even though all the work had been carried out and certificated by an independent CORGI-registered sub-contractor, it was identified that an installation in one home was not in compliance with manufacturers' instructions.

"As a precautionary measure, we are now contacting all residents to arrange inspections of their installations.

"Carbon monoxide alarms are being installed for peace of mind

and we anticipate all checks being completed as quickly as possible."

A British Gas spokesman said: "We have been asked to visit the affected flats to check their systems, but this is absolutely not a British Gas problem and is entirely a Barratt Homes issue.

"If people smell or suspect a gas leak they should call gas emergency on 0800 111 999."

The spokesman stressed that British Gas did not fit the central heating systems at Riverside Plaza.

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NEWS IN BRIEF

Autumn to bloom in castle flower festival

SUMMER may be over but autumn offers unique flowers and fruits as well.

Leeds Castle will be hosting the Autumn Gold Flower Festival from October 1-5.

During the event visitors can admire the colourful and fragrant floral displays and then vote for your favourite.

To experience the festival in a more private setting a dinner party will be held on October 3, with after-hours access to the exhibition.

For £98 the evening includes sparkling wine reception, guided tour of the displays, wine, a five course dinner of salmon and Kentish pork with music entertainment.

For more information please call Leeds Castle on 01622 765 400. If you would like to book at seat at the evening meal please call Kerry Deadman on 01622 767 823.

How £5m will help us be a proud county town

COUNCILLORS have revealed how they will spend the £5 million given to them by central government to help the town grow.

The cabinet decided that the town centre, All Saints Link Road and the former Leeds Langley by pass will all benefit from the cash over the next three years.

Leader of the Council, Chris Garland said "We have agreed plans and funding to produce a county town that we can be proud of. "Maidstone will be a county town in name and reality."

The All Saints Link Road will have a pedestrian heritage quarter joining together the Archbishops Palace, the Tyrwitt Drake Carriage Museum and All Saints Church. The aim of the scheme is also to calm traffic in the Lower Stone Street and allow people easier access to historic buildings.

The South East Maidstone Strategic Link will have improvements to the road layout from Leeds to Langley, which will ease traffic in the area south of the town.

Cllr Garland said: "These are really exciting projects. The road schemes will reduce congestion and air pollution."

Beginning next year more than £2 million will be spent starting next year.

Mr Garland added "We will be launching a design competition to put a real wow factor with some pedestrianisation, new paving, lighting, planting and art work."

The council claimed the first £1.8million of the growth point grant back in April. £1.3million was spent on the council's work depot move, £140,000 was spent on new play areas, tennis court refurbishments and a teen shelter at South Park, Armstrong Road in Maidstone. A further £330,000 was spent on plans to improve traffic and reduce pollution.

Lucky Jim tells of his life as one of 'The Few'

■ BY IAN READ

THE sound of a Spitfire engine stirs mixed memories for 91-year-old Jimmy Corbin because it reminds him of when he lived life on the edge.

For Jimmy is one of the band of pilots Winston Churchill dubbed 'The Few' – the men who won the Battle of Britain.

The former Sergeant pilot is unique as he's the last survivor of ten young men who put down their innermost impressions of those hectic days.

When Ten Fighter Boys came out in 1942 it was an instant success. But by then five of the authors were dead.

Last year he wrote his own autobiography and when that was a success the original book was reprinted with Jimmy writing the foreword.

During his operational career from August 1940 to mid 1943 the former schoolmaster was credited with at least five enemy aircraft earning a commission and a Distinguished Flying Cross on the way.

But in August 1940 he was a 'sprog' Sergeant pilot with just 29-hours experience in a Spitfire.

Amazingly, at the age of 23, he was the second oldest pilot on 66 Squadron.

Before arriving, the only time he had fired his guns was at a sandbank in the middle of the Dee Estuary near Chester.

When he arrived at RAF Kenley his commanding officer, Squadron Leader Rupert Leigh, was appalled and rapidly posted him to a quieter sector in the North of England.

Jimmy said: "When I returned to the South East a few weeks later half the pilots were dead or seriously wounded."

Then 66 Squadron was based at a flying club near Gravesend. Leigh had gone to be replaced by Squadron Leader Athol Forbes.

It was his idea to write the book.

Jimmy said: "Squadron Leader Forbes wanted to be a writer after the war so he



WARTIME MEMORIES: Jimmy Corbin in during his days as a Spitfire pilot and (inset) the 91-year-old today

got a few of us to write down our experiences."

Although the RAF had blunted the German attacks, the Luftwaffe kept coming and 66 Squadron were flying more than four sorties a day.

Jimmy said: "I got away with it because I was lucky. You could be in the mess having a drink with somebody and 20 minutes later he could be dead. You didn't dwell on it."

Kent-born Jimmy has no idea whether he hit anything during his early dogfights over his home county.

He said: "One minute you could be in the middle of a massive dog fight and the next you could be alone. When that happened the smartest thing to do was bugger off home because you were easy meat."

"Some years later I got a letter from Canada from one of the aircrew. His aircraft had smashed into the sea and he was the only one who got out."

"He got into a dinghy and drifted to a beach in Devon where he was picked up by the local policeman. He contacted me because I was the only pilot who attacked a Heinkel that day."

The book dispels the myth that the Battle was won by a group of public school boys.

Jimmy had taught near his home in Maidstone before joining the RAF Volunteer Reserve where he learned to fly.

As a group they fought hard and they parted hard because the next day any one of them could be dead. In 66 Squadron there were no distinctions between the Sergeant pilots and the officers.

After the war he went back to being a schoolmaster in his home town retiring in 1980.

He said: "We got away with it through a mixture of flying ability, luck and self-preservation. You don't get that experience cheaply."

Jimmy wrote down his memories in Last of the Ten Fighter Boys after his son got him to do it.

He said: "I had a lovely lady editor who came over and recorded my thoughts into a tape recorder. The book was a success so Ten Fighter Boys was released."

• You can see this interview with Jimmy Corbin in full on our website at www.yourmaidstone.co.uk.

Canadian Airforce honours WWII veteran

A WAR veteran has become the only Englishman to receive an honorary award for his 40 years service in the Canadian Airforce.

Vic Baker, of Sutton Valence in Maidstone was presented with the Ad Astra award on Sunday at the Weald of Kent, Sutton Valence.

Mr Baker was invited to join the Canadian Air Force as wing-man, also known as wing commander in British regiments, and fought

in World War Two. He will be the only Englishman to have ever been presented with this award.

During his time he has flown more than five thousand hours for the Dakota's, RAF and the Air Training Course.

He now helps run a home-away-from-home for visiting Canadian Air Force members, within the Weald of Kent.

The proud Englishman's Ad Astra will be

kept at the Canadian Airforce Memorial Museum in Trenton, Ontario in Canada, alongside all the other honourees' awards.

Mr Baker said "It is a great honour to receive this award. At first I didn't want to accept it as my wing was a team effort, but they could only put one name on the award."

"I am going to dedicate it to all the wives and families who have put up with such a lot and the staff at the Weald of Kent."

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VIDEO STAR: Danny Price with The Streets' Mike Skinner in his new music video Everything is Borrowed

Danny's Streets cred boosted by part in rap video

EXCLUSIVE

BY ANNA WHITE

A FIVE-year-old boy has landed a starring role in pop star Mike Skinner's new music video.

Danny Price, from Heath Road in Boughton Monchelsea, has just started his first year at primary school after spending the summer rubbing shoulders with celebrities.

The young star was chosen after beating dozens of other hopefuls at a casting session to play the son of singer Mike Skinner, who performs under the stage name The Streets, in the music video for his new single Everything is Borrowed.

His mother Cheryl Price, 38, said: "Danny absolutely loved him (Mike Skinner), they were like best buddies."

"Mike really took to him and they would sit together on the pavement during breaks from filming."

"He's just such a nice guy, really down to earth. It was strange to see how much Danny looked like him and how well they got along."

Danny was lucky enough to be able to choose whatever he wanted for a souvenir from the music video set, shot in London, to take home with him.

Skinner, 29, topped the charts with smash hit Dry Your Eyes after shooting to fame with Fit But You Know It, which reached number four in the charts.

He has since had two number one albums and built up a huge following for his poignant style of rapping, which has been dubbed bus-stop rhyming.

Mrs Price added that Danny's grandfather Reverend Geoff Davis, of St Peters Church in Boughton Monchelsea, is "very proud" of him. This is not the first time the budding actor



IN DEMAND: As well as the Streets video, Danny Price has appeared in numerous advertising campaigns

has appeared on TV, after starring in adverts for major brands Tesco and Toyota.

The youngster also does modelling for photographic adverts and will soon be seen in Adams' shop windows and in a campaign for ASDA's own brand cereal.

His next audition will be for a foreign advert and if he manages to charm the casting team as well as he won over The Streets, he could end up shooting the advert abroad and making his international debut.

The Streets video for Everything is Borrowed featuring Danny can be seen on www.youtube.com and is currently being screened on commercial TV channels including ITV and Channel 4.

It's A Day for Heroes and pop band McFly

CHART-BUSTING band McFly will headline an event this weekend raising vital funds to support soldiers wounded while serving this country.

The top pop act, which has had seven number ones and two number one albums, will perform at the A Day for Heroes extravaganza.

The four-piece band, singer Tom Fletcher, guitarist Danny Jones, bassist Dougie Poynter and drummer Harry Judd, will be the star attraction at the fundraiser for the Help for Heroes charity at the County Showground in Detling Hill, which starts at noon on Sunday.

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NEWS IN BRIEF

Try for kite flying record fails to get off the ground

PLANS to smash the world kite flying record at Leeds Castle during the weekend were thwarted – by good weather.

Clear skies and no wind meant the plans to get 1,000 kites airborne were unable to be fulfilled.

To meet the criteria introduced by the Guinness Book of Records they would have to have flown for 30 seconds – and all at the same time.

This proved impossible so children's charity CHICKS was unable to beat the standing record of 674, set in New Jersey USA, eight years ago.

The organisation County Holidays for Inner City Kids wanted to fly one kite for every child it hoped to help each year by 2012.

CHICKS focuses its attention on children who do not get the opportunity to escape difficult home lives. Just under half are from low-income families, while others have suffered from neglect.

Despite failing to break the record a crowd of nearly 2,500 helped to raise £10,000 for the work of the charity.

Booze confiscated as cops target under-age drinkers

POLICE seized around 30 cans of lager and five litre-sized bottles of vodka in a crackdown on underage drinking and anti-social behaviour in Maidstone.

The blitz took place on Saturday and involved village PCSO Tom Smith and special constables from Maidstone.

They took action after complaints from villagers, disposing of the alcohol and advising several teenagers about their behaviour.

PSCO Smith said: "A number of residents expressed their concern about young people acting in an anti-social manner. This usually takes place after the consumption of alcohol."

Widdy shocked by acts of girl gangs in TV show

NO-NONSENSE MP Ann Widdecombe takes on violent girl gangs for a new ITV show – being screened tomorrow night.

During the show the Conservative MP for Maidstone and the Weald befriends a group of female thugs as part of her investigation into why there is an increasing amount of teenage girls joining Britain's gang culture.

The former Shadow Home Secretary is left shocked when she witnesses the gang terrorising each other and passers by. She also meets a victim of female violence who was attacked in broad daylight.

Ann Widdecombe vs Girl Gangs will be aired tomorrow at 9pm on ITV1.



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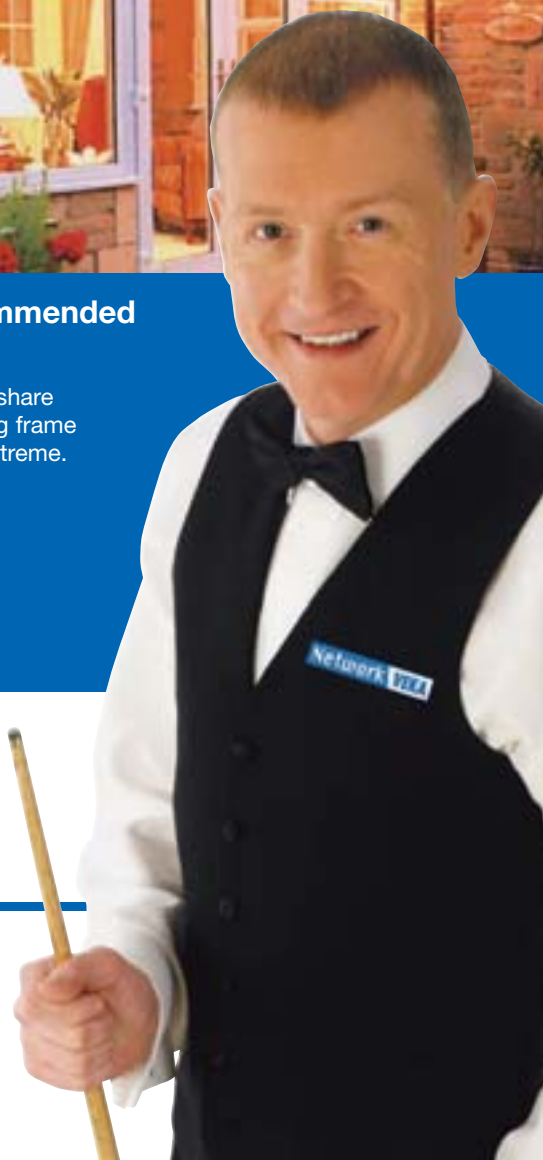
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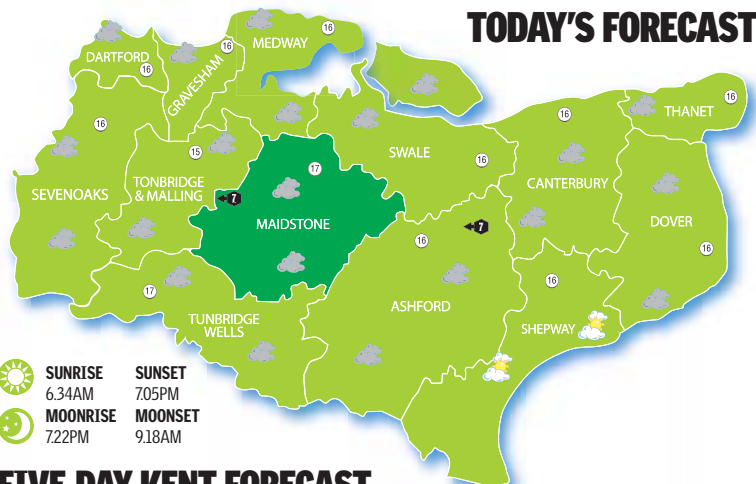
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TODAY'S FORECAST

WEEKEND HIGH TIDES

Chatham	Saturday	3:19pm	6.3m
	Sunday	3:56pm	6.3m
Dover	Saturday	1:29pm	6.9m
	Sunday	2:06pm	6.8m
Dungeness	Saturday	1:36pm	8.3m
	Sunday	2:13pm	8.2m
Ramsgate	Saturday	1:59pm	5.3m
	Sunday	2:36pm	5.2m
Sheerness	Saturday	3:09pm	6.0m
	Sunday	3:46pm	5.9m
Whitstable	Saturday	3:07pm	5.5m
	Sunday	3:46pm	5.5m

AROUND THE WORLD YESTERDAY

Amsterdam	16°C	Madrid	26°C
Athens	29°C	New York	31°C
Barcelona	25°C	Paris	16°C
Beijing	27°C	Rome	23°C
Bombay	28°C	Sydney	26°C
Cape Town	15°C	Tenerife	26°C
Cardiff	15°C	Tokyo	26°C
Gibraltar	22°C	Vancouver	17°C
Hong Kong	33°C	Warsaw	12°C
Las Palmas	25°C	Wellington	15°C

New-build homes go on show to the public

PEOPLE have been invited to view a new housing development in a park setting during an open weekend.

Three of the new fully-furnished homes will be on show at Allhallows Park near Rochester on Saturday and Sunday from 10am to 4pm.

Prices range from £119,950 for a single storey fully-furnished park home, to £165,000 for a luxurious house on the site.

The homes all boast two double bedrooms, stylish living areas, family bathroom and fitted kitchens including some major appliances. This new development from management company Britannia Parks is aimed at buyers of all ages, especially people who are at or approaching retirement and looking to live a traditional community.

Each home has its own garden and pets are more than welcome. The well-cared for site has a total of 147 homes and has street lighting plus on-site management.

For more information call site managers Keith and Kate Lane on 07795 693714.

Now Invicta FM is set for a change of Heart

KENT'S biggest commercial radio station Invicta FM will change its name to Heart within two years.

Global Radio, which owns 30 local stations across the UK, believes the multi-million pound re-brand will make it easier to sell advertising and attract listeners.

After 24 years the Invicta FM name will die within 18 months but bosses pledged to keep 'all' existing local programmes.

Neil Webster, managing director of Invicta FM and Gold said: "Commercial radio is consolidating to ensure it is a strong competitor to the BBC, and we will continue to provide our listeners and advertisers with a first rate local station."

FIVE-DAY KENT FORECAST

	Thur	Fri	Sat	Sun	Mon		Thur	Fri	Sat	Sun	Mon
Ashford	16°C	17°C	18°C	18°C	19°C	Gravesend	17°C	18°C	19°C	19°C	19°C
Canterbury	16°C	16°C	17°C	17°C	18°C	Maidstone	16°C	17°C	19°C	19°C	20°C
Chatham	16°C	17°C	18°C	18°C	17°C	Ramsgate	16°C	16°C	17°C	17°C	18°C
Dartford	17°C	18°C	19°C	19°C	19°C	Rochester	16°C	17°C	18°C	18°C	17°C
Dover	16°C	15°C	17°C	17°C	17°C	Sevenoaks	15°C	16°C	17°C	17°C	18°C
Faversham	16°C	17°C	18°C	18°C	17°C	Sittingbourne	16°C	17°C	18°C	18°C	17°C
Folkestone	16°C	15°C	17°C	17°C	17°C	Tonbridge	16°C	17°C	18°C	18°C	19°C
Gillingham	16°C	17°C	18°C	18°C	17°C	Tun Wells	16°C	17°C	18°C	18°C	19°C

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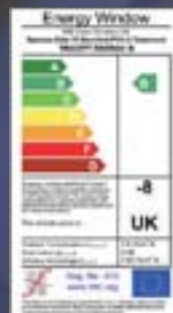
Also 18-25 year olds urgently required for family mediation roles assisting other young people

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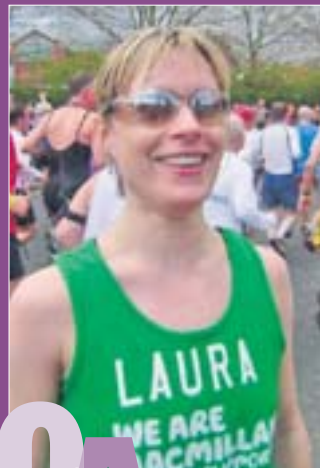
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QUESTION & ANSWER

LAURA THORNTON



Q Can you tell us a little about yourself?

A I live in Barming, near Maidstone Hospital, with my boyfriend Dave. I have lived in the area for just over a year having moved to Kent from south-east London because of work. I love living in Barming – it's so handy for Maidstone and easy enough to get to London for some sight-seeing and serious shopping!

Q How and when did you get involved with Macmillan?

A Last year I turned 30 and was working as a press officer in the public sector but knew I wanted a complete change of career. I saw a community fund-raising job advertised on Macmillan's website for the Kent office and everything about it sounded exciting. I read up on Macmillan and realised what an amazing charity they are so I applied for the role, had two interviews, started work in December and have never looked back.

Q What is your role at Macmillan and what does it entail?

A As fund-raising manager I work as part of a small team to generate income and awareness across Kent. Macmillan's ambition is to reach and improve the lives of everyone affected by cancer by 2010.

I work alongside one other fund-raising manager, a fund-raising support assistant and volunteers, as well as liaising with colleagues in our London and Surrey offices. One day I'll be writing a press release, the next I'm at a

photo call with a dignitary and then I could be having a meeting with a committee chair.

We work with local supporters including our committees and other fund-raising groups to raise money through public collections and local events. We also attend cheque presentations, recruit volunteers, give talks, issue fund-raising advice to supporters, write newsletters, ensure our website is fully up to date and put on events such as sponsored walks.

Q What events do you have coming up?

A The World's Biggest Coffee Morning on Friday, September 26 is our biggest fund-raising event. Drink your favourite drink, catch up with friends, family, workmates and eat cakes! Registration is free, you'll raise vital money for people affected by cancer. Call 0845 602 1246. We also have supermarket collections coming up across Kent on October 17 and 18.

Q What are the best bits about your job?

A The best bit about my job is building relationships with our supporters – hearing their stories is inspirational. We have such passionate, talented and dedicated supporters and being able to help them to organise successful fund-raising events is rewarding.

Q What do you do when you're not working?

A I love running in my spare time and have run three marathons including this year's

London Marathon. I find it relaxing and it keeps me fit so you'll find me pounding the streets around Aylesford or in the gym at Larkfield Leisure Centre.

The pubs in Kent are great and when I've got spare time and cash I'll visit the Angel Inn for Sunday roast. I also enjoy reading, films, cooking and I'm about to start a course in British Sign Language as my sister is deaf.

Q Tell us something about you most people do not know.

A I once spent an afternoon with the Harry Potter author JK Rowling and Sarah Brown (PM Gordon Brown's wife) when she had a guided tour of Deep Sea World [a tourist attraction in Fife, Scotland] where I once worked. She was a lovely guest, very small and very polite!

Q Anything you'd like to add?

A Macmillan Cancer Support is always looking for volunteers and we would love to hear from anyone who could spare a few hours – whether it's collecting at a supermarket for a few hours, helping us to write press releases, set up a new group or organise your own special, personal fund-raising event – give us a call on 01622 60050.

We are especially keen to hear from anyone who is interested in forming a committee in Maidstone, Sevenoaks or Tunbridge Wells. Of course any budding coffee morning hosts should call the hotline number 0845 601 1246.

The fundraising manager for Macmillan Cancer Support in Kent took the time to talk to **Simon Robinson** about her challenging but rewarding role within the charity and its biggest fund-raising event next weekend

Lunch time special menu

Soup of the day

Prawn cocktail salad with a whiskey cocktail sauce
Creamy garlic and parmesan mushrooms topped with mozzarella

Beef bourguignon with new potatoes and fresh seasonal vegetables

Poached salmon with a lobster peppercorn sauce
Cresolini filled with mushroom spinach and ricotta served with a summer salad

Bread and butter pudding with fresh fruit filling and a hint of orange

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Det Sgt Tristan Kluibenschadl following the sentencing of common builders. Search 'Rogue'



McFly prepare for Days For Heroes at the Detling Show Ground on September 21. Search 'Heroes'



Swimmers train for a cross-Channel attempt. See them prepare for their 22 mile challenge. Search 'Channel'

EDITOR'S CHOICE

You can view all these videos and others from around the county with the click of a mouse at...

yourkenttv.co.uk

Who will be the queen of teens?

BY CHRIS MURPHY

A WAITRESS, two students and a pet shop worker are all vying for places in the final of a national teen modelling competition.

The four girls from Kent are in the fight to become Teen Queen UK 2009 after successfully passing through preliminary rounds.

They now need the public to vote for them so they can advance to the next stage.

Nicole Harris, 19, from Queenborough on the Isle of Sheppey, Melissa Kimber, 17, from Ashford, Emily Martin, 18, from Gravesend, and Micha Kelly, 17, from Rainham, have beaten off hundreds of other hopefuls.

Nicole, a student at the Mandy Ellen Performing Arts College in Maidstone, said: "I need public votes to secure a place in the final, so I am trying to drum up some support."

"This all started when I was selected as Miss Sheppey 2006. I then went on to win other titles like Court of Kent Princess 2007, UK Carnival Queen 2007 at Disneyland Resort Paris, Team England Miss Euroregion 2007, Miss Elegance at Miss Media Models 2008, 2nd Runner-up at Miss Teen Beauty Queen London 2008, and was a finalist at the Miss Teen Beauty Queen England last year. I would love to add Miss Teen Queen to my resume."

She added: "I enjoy entering these contests – they also show that some of us are not out on the streets vandalising things."

Melissa, who was a Miss Ashford Princess last year, works in PetSmart.

She said: "I want to be a model and I love meeting people and being a representative, so I would love to win this contest."

Micha is a student at Chatham Grammar



BEAUTIES: Clockwise from top left: Nicola Harris, Melissa Kimber, Micha Kelly and Emily Martin

School for Girls. She said: "I would love to do catwalk modelling, but I am not really tall enough for that."

"So I am looking to get into commercial modelling for products in magazines. I entered the Miss Teen Queen contest for some extra experience. I really am keen to learn all I can about the business."

Emily is a waitress and is studying childcare at college. She said: "I want to get in to modelling. I have relatives who are in the business and it looks like a brilliant life."

"I want to do fashion modelling in particular. I am trying to be confident of going through to the next round – it's my dream to win because I think it will open some doors to a modelling career. It will make me more confident too."

Director Lina Perrini said: "The UK finals are next summer, so all the Kent girls have plenty of time to keep their fingers crossed."

• To vote for one of the girls, use a mobile to text her first and last name to 84205. Calls cost 60p plus standard network charge, and voters need to be over 18 and have the bill payer's permission.



JACK: Jake Hendricks will be in the pantomime

Make a song and dance over audition

DANCERS can audition this weekend for a chance to perform alongside Hollyoaks star Jake Hendricks in a panto.

New World Productions is searching for male and female dancers to appear in the Christmas run of Jack and the Beanstalk at the Hazlitt Theatre in Maidstone.

Mr Hendricks, also known as Father Kieron Hobbs from the popular teen soap Hollyoaks, will take the lead role as Jack.

Also in the production is Tom Swift, who will play Simple Simon and Michael Fenton Stevens, who plays Mr Griffith in BBC show My Family, as Dame Trot.

Auditions will take place this Sunday at the Hazlitt Arts Centre in Earl Street, Maidstone. Dancers need to be available during the Christmas period as the show runs from November 29 to January 4.

The registration for eight to nine-year-olds will be at 10am, for ten to 11-year-olds will be at midday, for 12 to 13-year-olds will be 2pm, for 14 to 15-year-olds will be 4pm and dancers aged 16 and above need to sign in at 5pm.

The auditions are expected to be popular, so anyone interested is advised to arrive before their registration time and be prepared to queue.



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Awards recognise those serving their community

BY NICK AMES

THE county's Chief Constable Michael Fuller, along with Ann Barnes, chair of the Kent Police Authority, honoured those who were making a difference in their communities as they hosted the Safer Kent Awards 2008 event on Friday.

Winners and runners-up from across the county were acknowledged for their work and were presented with a cheque for a community project of their choice.

Appreciate

Police Community Support Officers, Special Constables, Neighbourhood Watch volunteers and wardens were all recognised for making a real difference to neighbourhoods and improving the quality of life of local residents.

Nominations came from people who realised the effect those working to assist others were having locally.

Ann Barnes, chair of the Kent Police Authority said: "This is all about saying thank you to people who work hard to improve lives of residents. Sometimes we have to take a step back and appreciate the work these people do



SALUTE: Chief Constable Michael Fuller, with KCC warden Malcolm Wells with and Ann Barnes, of Kent Police Authority

on a daily basis. There are people in addition to regular police officers that improve quality of life of residents and most importantly play a role in keeping neighbourhoods a safe place.

"In today's world we are all too often quick to

complain and judge, so I'm pleased the Police Authority can find a way to say thank you.

"It's fantastic to host an event like this. I would like to say thank you to all the companies that gave donations and our main sponsors."

WINNERS' LIST

• **EAST KENT AND OVERALL WINNER:** KCC warden Malcolm Wells has been in post since December 2004 and looks after Ringwood and Kingsdown villages. He is well known at local schools and writes a regular column in the community newsletter.

A member of the Youth Offending Service obtained £7,000 funding for a new Kick Wall in the Kingsdown Recreation Ground to give young people something to do. He has recently taken on the appointment of chairman to the Kingsdown Village Hall committee.

• **WEST KENT WINNERS:** KCC warden Janet Greenroyd, 57, who looks after the villages of Sissinghurst, Benenden, Frittenden.

Janet set up a gardening scheme in Cranbrook in a bid to reduce the risk of elderly people becoming victims of bogus callers. She has also played a key role in setting up a 'walking bus' scheme in Benenden.

KCC warden Chris Lomax has looked after Staplehurst for the last three years. Instrumental in reopening the local youth club he has helped secure funding for the Staplehurst Arts Festival.

• **SOUTH KENT WINNER:** Neighbourhood Watch volunteer David Alford for his work in Lydd.

He acts as company secretary for the Kent County Neighbourhood Watch Association and is a principle fundraiser.

He was instrumental in producing a Kent Police Services Level Agreement, ensuring a future partnership between Neighbourhood Watch and Kent Police – the first agreement of its kind in the country.

• **MEDWAY WINNER:** Special Constable Paul Butler has been in the role for the last eight and a half years.

Special Constables are expected to dedicate 16 hours a month of their own time – unpaid. But Paul is clocking up an exceptional average of 80 – 100 hours a month – all in his own time and on top of his day job as a Kent Highways street lighting engineer.

Thrills, spills and top music as Days for Heroes raises important funds

CHART sensations Girls Aloud and comedian Peter Kay will send special video messages to support this weekend's Days for Heroes event at the County Showground in Detling.

Topping the bill at the event are chart-toppers McFly with 80s solo star Nik Kershaw also on the bill.

The Red Arrows are scheduled to fly overhead during the concert on

Sunday, September 21.

The event has been set up to raise money for and awareness of the plight injured servicemen and women face on their return from active service.

Also making an appearance will be double Olympic gold-winning athlete Dame Kelly Holmes, Extras and EastEnders star Shaun

Williamson, comedian Peter Kay, and TV presenter and ex-Bucks Fizz singer Cheryl Baker.

Jeff Silbar, co-writer of the ballad Wind Beneath My Wings, will be making a special appearance to give a moving performance of the song with soul diva Jocelyn Brown.

The ballad holds particular importance with Help for Heroes as its

chorus "Did you ever know that you're my hero" has become an anthem for the charity.

Music gets underway at 3pm with McFly ending the show with a 100-minute set at 8.40pm.

There will also be a host of attractions for those attending with traditional rides for those with younger children, and a funfair sporting

more than 20 free rides including the 'reverse bungee power shot' for adrenaline junkies.

All the music, funfair rides and the military attractions are included in the £25 ticket price or £14 for children.

Visit www.daysforheroes.com to see full listings and buy advance tickets.

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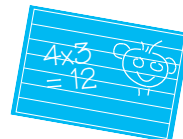
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yourmaidstoneschools



Field trip to China

EIGHT lucky students will jet across the world next month to learn more about the new super-power in the world economy.

The pupils, aged 13-16, from New Line Learning Academy in Boughton Lane, Loose, will be leaving their textbooks behind and jetting off to China to learn about Chinese history, culture and language.

The youngsters leave for their trip on October 22 and will return with their new knowledge of China ten days later.

They will be staying in Beijing, the recent home to the 2008 Olympic Games, as well as the Shandong area.

Sandra Carter, vice principal at NLL Academy, said: "Our students are joining a number of schools from across the UK and

BREAK TIME



will be accommodated in host schools.

"They will visit major places of interest in Beijing, will link up with Chinese students and have lessons in Chinese painting/calligraphy, media, sport and Mandarin."

She added: "This is a language already taught at NLL as China is fast becoming the most thriving economically developed country in the world."

Bursaries to help gifted youngsters

■ BY ANNA WHITE

GOVERNORS have set aside £1 million to give children from low income families a public school education.

Sutton Valence School in Chart Sutton has launched a new initiative to offer a range of sixth form bursaries and scholarships which could cover up to 100 per cent of a student's fees. One in three of the 530 pupils currently studying at the school are already on a scholarship or bursary.

Bursaries are awarded to children who meet the school's entry test requirements, but whose parents can not afford the costs.

Whereas academically gifted children are offered scholarships, as are those who excel in sport, music, drama, art and design technology, which covers up to 20 per cent of the fees.

This scheme is the first time the school has been able to set such a large amount of money aside to cover a pupil's education, which costs £5,260 a term.

Each pupil accepted will have a personal tutor and a head of year, who will monitor their academic progress and wellbeing.

The school's extra-curricular programme, which aims to encourage individuals to reach their full potential, boasts 40 activities for students to choose from and cater for all interests.

The school, like the government and Charity Commission, hopes this initiative will make independent schools become more accessible to the community.

Headmaster Joe Davies said: "Many parents may think an independent school education is out of reach for their children.

"We have always offered bursaries and scholarships, but now we are extending the



TOP CLASS: The bursaries will enable children from low income families to study at Sutton Valence School

range, in particular to those pupils who have done their GCSEs and want to look at other options for sixth form and A levels. Our aim is to broaden the intake of pupils who will make a real contribution to the school."

Previous pupils have achieved A level and GCSE pass rates and grades that are comparable to grammar schools. Over 90 per cent of the school's students have continued on to the university of their choice.

The school is riding a high at the moment after recently securing planning approval to build a state-of-the-art floodlit athletics track, which will strengthen its bid to become a pre-Olympics training camp for several sports.

Earlier in the year Dame Judi Dench opened their £1.7million performing arts centre and Olympic swimmer Karen Pickering opened their new £2.5million swimming pool last week.

For more information on the initiative please call 01622 845200.

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Strictly Come Dancing is perfect waltz and all TV

WHEN *Come Dancing* finished in 1995, could anyone have foreseen that nine years later the re-invention of the show would become the phenomenon that is *Strictly Come Dancing*?

Minus the metres of tulle and fixed smiles of the original series, the new format keeps the competition element between professionals but had the foresight to include celebrities, tapping into the glossy magazine culture of the new decade.

It retains the music and dance element for older viewers, and hooks the younger females – you can never lust over too many sparkly frocks, can you?

The aim was to make it accessible to the prime-time Saturday night audience, which, theoretically, includes everyone aged eight to 80. It's worked.

It's the BBC's biggest entertainment show, witness the growth from eight couples in 2004, to double that number now, the run extended.

The cast of series six has been released and,

as usual, they're drawn from the worlds of soap, sport and entertainment; something for everyone, just like a box of choccies. Fiercely competitive between the individuals themselves, there's also a *Battle of the Sexes* element.

So far, it's 3-2 to the ladies and a look at the contenders this year shows it will be equally tough, with super-fit swimmer Mark Foster lining up against motor racing and polo playing model Jodie Kidd – and the obligatory soap stars, who always prove popular with the voters.

Watch out for a dark horse though – maybe John Sargeant, who allegedly has some background in musical theatre, or Cherie Lunghi, looking fabulous at 56!

All is not perfect, though: personality clashes, gossip and scandal surround the show – and we love it all the more! Last year, the judges controversially voted off seemingly the most popular celebrity among the professionals and public alike and continually blasted the dancers with vitriolic comments. (I wonder if they've sussed it yet – the nastier they are to the Kates and the Kennys, the more the viewers will vote for them?)

Forums dedicated to SCD went into meltdown! But why do we get so involved? Unlike

ITV arch rival *X-Factor*, where more air time is given to the judges, SCD brings us a daily dose of *It Takes Two*, a behind-the-scenes foray into the training sessions, cobbled together funnies and live interviews on the sofa with the ditz, delightful but always insightful Claudia.

We travel each step of the contestants j...jour...jour... no, it's no good, I can't say it. We travel each step with them and their professional partners, whom we've come to know and love over the past four years.

In fact, it's quite possible that a pro dancer's fan club could keep them in the show for longer than the celebrity's dance talent may justify (hello again Kate!)

Although it introduced new dances to keep up with the times; rock 'n' roll in the 50s; disco in the 70s and theatrical-like show dances in the 80s, the old-style *Come Dancing* gradually lost its appeal before finally being axed.

Its offspring, however, looks set to waltz off with the ratings for the foreseeable future.

EDITOR'S NOTE: All bloggers are supplied with full name and address of the authors. They do not reflect the view of the newspaper but are designed to give our readers the chance to air their views.

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We want to hear your views



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LET US KNOW...

If there is a story in your area you think we should be covering contact the news editor, **Jon Coates**, on 01303 817048 or email him on the details above. If you want to be the next Maidstone blogger then all you have to do is submit an article to us (of around 550 words) and email it to the news editor. And don't forget, for all the latest news and video from your town log-on to www.yourmaidstone.co.uk.

Write to The Editor, Yourmaidstone, KoS Media, Apple Barn, Hythe Road, Smeeth, Ashford, Kent TN25 6SR.

* We cannot guarantee all articles will be published and all are at the editor's discretion

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Thorpe Park Halloween Fright Night!	31 Oct	£39
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Bruges By Tunnel – Monday Special	17 Nov	£25
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Classical Spectacular-Royal Albert Hall & Lunch	23 Nov	£83
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We believe that the old estate agency format is dying and that once you have seen our successful formula, you to will have your own eureka moment, just like those entrepreneurs in The Dragon's Den.

If you are interested in finding out more about this life changing concept please contact Miranda Mallory on **01843 572582** or email **franchise@milesandbarr.co.uk**

www.milesandbarr.co.uk/franchise

yourcompetition

WIN a kid's gardening set with Timotei

TO celebrate the change of seasons, we have teamed up with Timotei to offer one lucky reader the chance to win a gardening set for your little ones to enjoy.

Timotei is the original nature-inspired hair-care brand, and the gardening set will help your child to reconnect with nature. We also have two runners up prizes consisting of the Timotei range to giveaway.

The prize includes a lightweight wheelbarrow, tool belt, garden hand trowel, fork and spade set, plus a garden kneeler pad and apron. You'll also receive a pair of Wellingtons for all the family* – perfect for kicking leaves around and splashing in puddles.

With the change of seasons comes a drop in temperature, central heating, strong winds and rain – all of which can play havoc with your hair – leaving it dry and lifeless.

Luckily for you and your family, Timotei is also giving away its complete range of five shampoo and conditioners which contain herb, plant and fruit extracts to nourish and care for every type of hair. This also includes new Timotei Softening Oat Milk & Peach.

As part of Timotei's commitment to nurturing nature they are partnering with the Woodland Trust to create 25 acres of forest of flowers in the UK. For further information on forest of flowers sites and woodland areas near you see www.woodland-trust.org.uk.

To be in with a chance of winning a seasonal set, simply answer the question below and send your entry on a postcard along



with your e-mail address (if applicable), name, address, and daytime telephone number to Timotei Comp, KOS Media, Apple Barn, Smeeth, Ashford, Kent, TN25 6SR.

Question: How many types of shampoo and conditioner are there in the range?
A. Three B. Five C. Seven

No purchase necessary. For full terms and conditions see

www.kentnews.co.uk or call 01303 817073. If you do not wish to receive any literature please write 'no literature' on your entry.

* Based on a family of four; two adults and two children. Brand and colours of Wellingtons will vary.

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yourletters



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TALK TIME

SAMMY BRIDEN

The up-and-coming fashion designer took the time to talk to Yourmaidstone about how he entered the fashion industry and his design idols



Can you tell us a bit about yourself?

I am 22, from Coxheath in Maidstone and I am currently working as a menswear designer at fashion street wear label Supremebeing, based in Cambridge.

I attended the Cornwallis School (now Cornwallis Academy) in Linton, where I completed my GCSEs and then A Levels.

After sixth form I went to UCA at Oakwood Park in Maidstone to gain a BTEC National Diploma in foundation studies, where I specialised in fashion. Earlier this year I graduated from Nottingham Trent University with a degree in international fashion business.

Have you always wanted to be a fashion designer?

I never intentionally wanted to be a fashion designer, I always wanted to play football. I've always been into clothing, but became even more interested in the industry whilst at UCA, where I initially went to study graphic and product design.

I enjoyed it because of the creative freedom it gave me, which motivated me to study design at Trent. I then decided to switch to fashion business in my third year to gain more of an insight into other specific roles within the industry.

Who are you fashion idols?

Designers Kim Jones, Paul Smith and Martin Margiela all have their own interesting styles and finishing touches.

A lot of my inspiration comes from designers outside of the fashion industry such as products that have been designed with a particular purpose in mind, including the designers behind satellite navigation system Tom Tom.

YOUR LETTERS

Farmers help beat bluetongue threat



Farmers' prompt action is excellent

Farmers are a pretty unpopular breed and are often maligned as slowing down traffic on country roads, causing dark mornings through the clocks going back in winter and as never happy with their lot.

So it was heartening to read in last week's Yourmaidstone about their decisive action in stopping the spread of the Bluetongue virus – by getting their acts together to vaccinate their sheep and cows.

Last year we were forever hearing about what a threat Bluetongue was – then it all went away, as so many of these scare stories do.

But rather than the alert just vanishing into thin air it seems that it was prompt action by the farmers which halted the problem.

Next time I find myself stuck



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NOT only can you use email and letters to respond to our stories, don't forget you can comment via our website too.

Beneath most stories on the www.yourmaidstone.co.uk website there is the facility to leave your comments on whatever YOU thought of the online article.

To leave your remarks, simply click on the 'Add your comments' link and tell us what you think. And remember, www.yourmaidstone.co.uk is updated daily, bringing you the latest, breaking news from across Maidstone as well as our villages.

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following a tractor doing 20mph through my village I will try to remember Bluetongue and

stop cursing them so much.

Jess Stone,
from Yalding, by email.

Market needs to be urgently updated

I would like to comment on the Lockmeadow Market held on Tuesday and Saturday every week.

I am the chairman and director of a new development close to the Lockmeadow Centre and would like to pose the question, "is the Lockmeadow Market fit for purpose?", because this appears to be a representative view of the many residents living within my development.

It is not, in fact most of the residents avoid it, having visited the market myself I must agree with their views. Of course there are the exceptions of a few stalls selling fresh fruit and veg, flowers etc, however the remainder seem to be stall stalls which are outlets for selling unwanted or dubious goods.

If we are to begin to regenerate the area let's start with this market, the area has changed over the last few years and we need to meet the demands and needs of the community.

A farmers' market that sells good produce at reasonable prices would be a good start.

Gary Wade,
from Maidstone, by email.

Teach our children about renewables

I note Hazel Dawe wants us to encourage the installation of renewable energy devices in our schools.

I would think it much more important to instill an understanding of renewable technology in the minds of our children, particularly the older ones, so they can understand its strengths and weaknesses.

In geography they can learn

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LISTEN OUT FOR THE AIR-RAIDS!

Green energy would save on school bills

Kent County Council should meet the challenge of dramatic increases in energy bills this year.

about contours, and lead on to isobars and weather maps. Cloud formation is interesting and not a difficult science, especially as you can see it happening every day, right over your head. And in no time flat, weather systems and circulating winds make sense, and you can see them on the TV weather, every day.

It makes concepts like kinetic energy real and understandable, and gives a real excuse for gazing out of the window.

I taught myself about weather at 13, to decide whether my ten mile journey to school should be on the bus, or on my bike.

I am not a teacher, but a father-of-three and grandfather-of-seven, thus interested in the future of our planet.

Come to that, who is Dr Hazel Dawe? Is her doctorate in some relevant discipline? If we knew, we would know what weight we should give to her opinions, or is it her knowledge?

Bill Hyde,
by email.

Drug industry must stop unethical action

National campaign group Animal Aid is calling on the Government to crack down on drug industry practices that put profits first.

In a major new report, entitled *Making a Killing: How drug company greed harms people and animals*, we expose a catalogue of unethical practices – beginning with misleading animal tests – that are designed to drive up drug sales, which already cost the NHS £1 billion per year.

The public's health also suffers: in 2006, a million people were hospitalised in Britain due to adverse drug reactions.

Some of the dishonest and unethical practices revealed include: employing unreliable animal tests to make drug products look safe; suppressing negative clinical trial results; manipulating doctors with handsome consultancy fees; and exploiting health fears through advertising campaigns that pose as 'disease awareness' initiatives.

Animal Aid believes 'Big Pharma' must be reined in so it serves the public as well as itself.

For a free copy of the report contact us on 01732 364546 or visit www.animalaid.org.uk.

Toni Vernelli, Animal Aid campaigner from Tonbridge, by email.

Charity aims to help you eat healthily

To coincide with British Food Fortnight, which starts on Monday, I am writing to let your readers know that World Cancer Research Fund (WCRF) has created healthy recipes for traditional British meals.

WCRF has developed a traditional British meals cookbook to promote cancer prevention and encourage people to eat local produce.

The charity has turned your

favourite comfort foods into a feast without guilt. If you want to bring these healthy ideas to your dinner table, call 020 73434205. The first ten people to call will get a free copy.

Straight from our cookbook, I have some simple tips to make traditional dishes healthier. For tasty sweet chips, try swapping white potatoes for sweet potatoes, which are packed with beta-carotene. Scientific research has shown that foods containing beta-carotene probably protect against oesophageal cancer.

Because food absorbs fat through the surface, you will lower the amount of fat in your chips if you cut them thick. Foods high in fat are high in calories too, and that makes it easy to eat more than you need.

If that happens, you gain weight and could become overweight. There is convincing scientific evidence that body fat is a cause of six types of cancer, including bowel cancer and post menopausal breast cancer.

Vegetable Cumberland pie is a tasty alternative to a meat pie. Research shows that eating a diet rich in plant foods including wholegrains, fruits and vegetables probably reduces cancer risk. Eating too much red meat increases risk of bowel cancer – WCRF advises not more than 500g (cooked weight) each week.

For the perfect meal finale, pick apple and apricot crumble. Apples are a delicious treat, but why not try adding plums and blackberries for more fruit toward your five a day? Or some pumpkin seeds and crushed cashews on top for a healthy crunch?

All of these recipes can be found at www.wcrf-uk.org

Lisa Cooney, head of education for World Cancer Research Fund, by email.

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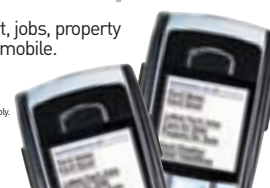
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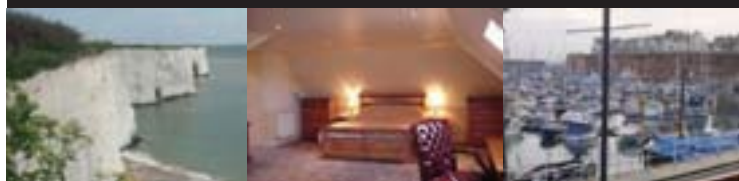
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More than a slim chance at success

■ Kings Private Clinic

THE clinic has been treating overweight people for 26 years and has dealt with 300,000 patients in its clinics during that time, so you could say staff know what they are doing and must have had lots of success to have been around that long.

They believe they are still successful because medically supervised weight reduction has stood the test of time – succeeding time and time again.

Not hype, but medically, scientifically proven – not a new fad, but a tried and tested method.

Most importantly, it is perfectly

safe; provided clients are assessed by the doctor as suitable and follow the instructions they are given.

The most difficult thing to do when you start a diet to reduce weight is to summon up the will power to stick to a sensible eating programme that will enable you to shed the pounds.

A medically approved, tested and safe appetite suppressant is the answer in conjunction with a suitable diet for your particular needs.

Kings can almost certainly guarantee that you will lose weight with this method.



Train yourself to be beautiful

■ Allen & Walden professional therapy training

TRAINING for a new career can be a huge step for many and giving up work to retrain full time is not always an option financially.

With Allen & Walden professional therapy training, courses can be tailored to fit your work schedule and, being part time and fast track, students soon realise their goal of becoming a fully qualified professional therapist.

Many students are women wanting to return to work after having children, who have often always had an interest in health and beauty. These students need to train at times to fit around school hours and family commitments.

This autumn Allen & Walden have a lot of new courses scheduled and many new students are starting to retrain in either beauty therapy or holistic therapies.

To complete a full NVQ 2 in beauty therapy and gain a nationally recognised qualification

you would need to attend the training centre for one session a week and back this up with home study and some practice on family and friends between sessions. The course cost can be paid in six easy monthly instalments.

As well as training for a new career, enrolling on a course is a great way to meet new people and learning a new skill can get you out of a rut and boost your self esteem.

If you haven't studied for a while don't be put off, Debbie and Jenny (the tutors) have many years experience and are very patient. Remember most of the other students are in the same boat.

For already qualified therapists there are many CPD courses available to upgrade your skills or learn a new therapy; the hot stone massage course is always popular for massage therapists and a great winter treatment for clients.

To find out more about starting a new career give Debbie and Jenny a call on 01634 811110 or visit their website at www.allen-walden.co.uk.



TOP TIPS

The Village Hotel

Pilates improves shoulder and spine alignment, helping with back and neck problems. It also helps to release tight muscles with slow, controlled exercise working with the core muscles which in turn support the spine.

Kings Private Clinic

When visiting the clinic, follow the treatments and guidelines recommended by the doctor and you soon see the results and lose weight. A healthy balanced diet and fitness helps maintain the weight loss.

Churchill Clinic

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RELEVANT: The play, Dallas Sweetman, was commissioned and written specifically for the cathedral setting where it will be performed

Life is sweet in the nave

Dramatic setting for new Festival play

A HISTORIC event in theatre will be taking place at Canterbury Cathedral's Nave next week with the staging of a new play, Dallas Sweetman.

The play will make its world premiere in the stunning setting, the result of a unique collaboration and a desire to revive a cherished old tradition. Canterbury Cathedral and Canterbury Festival commissioned the piece with London-based theatre company Paines Plough, resulting in this new play by acclaimed Irish writer Sebastian Barry.

Back in the late 1920s the Friends of the Cathedral started the Canterbury Festival to host an annual series of plays by leading playwrights of the time. TS Eliot's famous Murder in the Cathedral was premiered in the Chapter House in 1935 and remains the benchmark for these productions. It is hoped that the new play for 2008 will breathe new life into that tradition, while making its own mark on 21st century theatre.

The process began when the Dean & Chapter approached the organisers of Canterbury Festival with the idea to produce a new play in 2006. After a lot of research a partnership was formed with Paines Plough, a theatre company specialising in the commissioning and development of new writing. With the company on board, the hunt was on to find someone who could write a very special play. Organisers were looking for a story that could have relevance to the cathedral setting but also captivate a contemporary audience.

Relation

Drawing on his own ancestry for inspiration, Sebastian Barry has created a tale about love and death, desolation, jealousy and miraculous events. Dallas Sweetman is based on a distant relation of Barry's and sees the titular character arriving at Canterbury Cathedral on a pilgrimage in the early 1600s. In a time when Catholicism and Protestantism divided loyalties, Dallas pours out his tale to the audience - his 'judges' - in the hope of justifying his actions. But can his story of pirates, kidnap and

drama be believed and can he be forgiven?

Since writing the play, Barry has been short-listed for the prestigious Man Booker Prize for Fiction for his latest novel The Secret Scripture.

A series of special talks will allow audience members to gain a fascinating insight into how the production has been created. There will be a chance to hear Barry talk about his work, as well as the director, cast, music composer and designers. The talks are free for ticket holders and will mostly be held in The International Study Centre in the Cathedral Precincts. Full details are at www.canterburyfestival.co.uk.

Tickets are priced from £12 to £20 and can be booked by calling the festival box office on 01227 378188 or visiting www.canterburyfestival.co.uk. Listings for Canterbury Festival, which runs from October 11 to 25, can also be found on the website.

DALLAS SWEETMAN

Wednesday to Sunday,
September 24-28
Canterbury Cathedral



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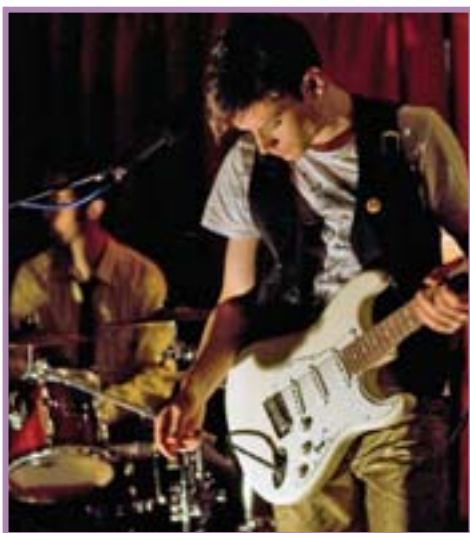
THE BRENT FLOOD

Wednesday, September 24
Zebra Bar, Maidstone

LET yourself be swept away by The Brent Flood when the exciting young band visits Sounds@Zebra.

Described as 'south London's purveyors of indie sunshine', the quartet has been inspired by the revived American indie sound popularised by the likes of The Shins and Cold War Kids, adding their own twist to create a uniquely British sound.

Bassist Eddie Stalsberg spent the first ten years of his life in Japan. He later met Jay Marsh and Robin Chesterman in Belfast, where they first jammed together more than a decade ago. After two years of intense writing in a dark London basement and recruiting drummer Dan Roth to replace founding member Chris Chesterman, The Brent Flood was signed to The Animal Farm record label.



Picture: JANE MOSKIN

They saw off competition from more than 40,000 eligible acts to be named Best Indie Act at the 2008 Indy Awards in London.

This gig will be a prelude

to a full UK tour in October. Also on the bill are Billy Wears Dresses, Ten Stone Baby and Hospital Bomber. The gig starts at 7.30pm and tickets cost £5 on the door.

PLANT TO PLATE FOOD FESTIVAL

Saturday and Sunday, September 20-21
Leeds Castle, near Maidstone

FIND out where your food comes from and enjoy a delicious taste of Kent at Leeds Castle's Plant to Plate Food Festival.

A celebration of local produce and the best of today's farming in the county, the event will promote sustainability and traceability. There will be cookery demonstrations, showing how to make the best use of local produce, as well as tips from the experts on how to eat well during the credit crunch.

Local cook June Care - familiar to BBC Radio Kent listeners thanks to her monthly appearances on the Pat Marsh show - will be among the demonstrators. Children can find out more about where their meals come from and there will be stallholders selling everything from breads and cakes to cheeses and organic meats. Representatives from Kent County Council and WRAP, or Waste & Resources Action Programme, will be talking about the Love Food Hate Waste Campaign.

Meet poultry breeders and members of the Mid Kent Bee Keepers Association while enjoying live music and activities for the children. For details call 0870 600 8880 or visit www.leeds-castle.com.



HOT CLUB OF COWTOWN

Monday, September 22
Zebra Bar, Maidstone

FOLLOWING a two-year break, the Hot Club of Cowtown is ready to lead the stampede again.

Maverick@Zebra welcomes the return of the Austin-based swing trio which took the world by storm just a few years ago.

When the band split, citing 'irreconcilable differences', it looked like the Hot Club was closing its doors for good. But the exciting young musicians gradually came back together and have hit the road to support the release of a Best Of album.

About a dozen years ago, violinist and vocalist Elana James was looking to join a gigging band. When she placed an advert in New



York City's Village Voice, guitarist and singer Whit Smith answered the call.

With bassist Jake Erwin, who also sings, they would develop from busking to touring with Bob Dylan, Willie Nelson and the Mavericks. They are also the youngest members ever to be

inducted into the Texas Western Swing Hall of Fame.

Kent-based acoustic trio Ocean West, featuring vocalist Sarah Lucy Dole, will open the show which starts at 8pm. Tickets cost £16 in advance or £19 on the door. To book call 01622 744481.

MAIDSTONE LEISURE

Charity fund-raiser has music in Mind at school

MUSICIAN Paul Dunton is holding a fund-raising concert for charity Mind in Tunbridge Wells on Saturday.

The event will be staged at Holmewood House School's Jubilee Theatre, starting at 7.45pm. The acts will be Carpet Lounge Lizards, The Rox, Charlie Rivers, Paul Dunton & Crew and The Violet Jive. All who attend will receive a free copy of Paul's album Train of Thought.

Tickets cost £10/£7. To book call 01732 459558.

Enjoy a cheap evening of fun and badminton

NEW players are invited to join the long established, non-league St Philips Badminton Club.

The club encourages a friendly and social atmosphere with good standards of play at intermediate level. New players are welcome to go to the sessions at Maidstone Grammar School sports centre in Barton Road from 8pm to 10.15pm every Tuesday, for a low cost evening of fun and exercise.

For details call Derek or Sue on 01622 208334.

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For details call 01795 844449 or visit www.wedding-experience.co.uk.

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WOULD you like to see your concert or event publicised on these pages?

Send full details of your event - including dates, times, prices and how to book - to jane.connolly@kosmedia.co.uk or by post to the address on page 2. Submissions should arrive at least two weeks before the preferred date of publication.

If possible, include a good photograph to illustrate your event. We cannot guarantee coverage, but we will do our best to promote local events.

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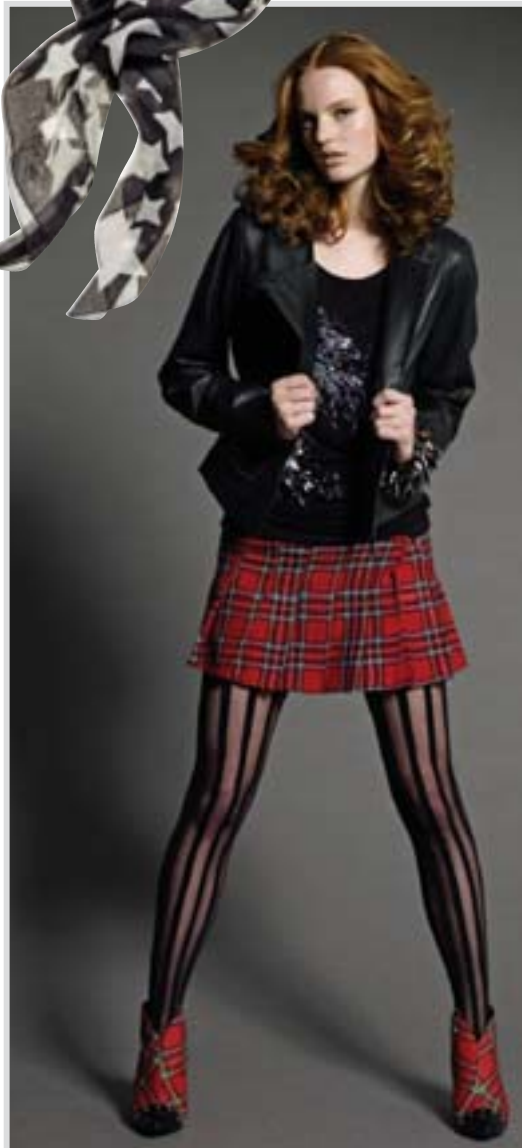
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Owners David Cheeseman and Neal Thomas have a combined experience of 50 years and take great pride in the quality of their customer service.

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Mr Cheeseman said: "The service we provide is better and cheaper than other bed stores, we can deliver the bed and put it together. We will also dispose of your old bed for free."

The County Bed Company can now offer a zero per cent credit scheme to help spread the cost of a new bed, which is available at both stores.

The company stocks big names brands including Sealy, Sleep-ezee, Rest Assured, and are memory foam experts.

Presenter will be with you for book signing

POPULAR TV presenter Gloria Hunniford will be signing copies of her new book at Bluewater on Tuesday, September 23.

Always With You reveals how Gloria, who lives in Sevenoaks, coped with the tragic death of daughter Caron Keating from cancer. It is the follow-up to the bestseller Next To You.

Gloria will be at Waterstone's from 6pm. Always With You is published by Hodder & Stoughton on September 18. For details call 01322 624831.

Feel a million dollars with this scent for men

BEAT the credit crunch and feel flash without the cash by buying Paco Rabanne's new fragrance for men.

The new 1 Million is a light and fruity scent with notes of blood mandarin, peppermint, musk and amber. It comes in a sophisticated ingot-style bottle and a brushed gold box, with the logo in black calligraphy, creating a fantasy of wealth every aspiring James Bond will enjoy.

1 Million is available from The Perfume Shop priced from £31.50.

High Street beauticians nail capital opportunity

TWO beauty therapists from The Reef salon have been chosen to assist nail guru Leighton Denny at the Comfort Prima High Street Fashion Awards.

Clare Cockell, 26, and Katie Hawes, 21, from the Gabriels Hill salon will help prepare models for the catwalk show in aid of Breakthrough Breast Cancer.

Tickets for the event tomorrow at Battersea Park in London are £160, which includes a champagne reception, a three course meal and a goody bag worth £65, call 0207 312 4105.



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THE SUSPECTS: See them perform Blur's Song 2



RETURN: Former Reef members have joined with Jonas Jalhay, formerly of Lady Sovereign, to form Them Is Me, who will be gigging at the Tap 'n' Tin in Chatham on Saturday

Good Reef, look who's back?

■ BY SIMON ROBINSON

INDIE music, as everyone knows, attained greatness in the mid 90s.

Proper bands such as Oasis, Blur, Pulp, Supergrass and their oft forgotten contemporaries including Sleeper, Elastica, Mansun and so forth, filled the charts week in and week out, leaving little room for manufactured pop rubbish.

Good times indeed.

Unfortunately, the heady days of Brit Pop are all but over, with gangsta rappers, 'bling'-laden r'n'b stars and McFly notching up millions of downloads and ring-tones.

Mercifully, it seems comebacks are making a comeback.

The Police got back together, as did James, Smashing Pumpkins, Rage Against The

Machine and Take That (bad example, I grant you).

The latest musicians looking for a second shot of stardom are gravel-toned frontman Gary Stringer, drummer Nathan Curran and bassist Jack Bessant, who notched up seven top-20 singles with Reef between 1995 and 2003.

The trio, alongside new guitarist Jonas Jalhay, formerly of Lady Sovereign, have adopted the name Them Is Me and will be playing the Tap 'n' Tin in Chatham on Saturday night.

Gary said he needed the two-year hiatus between the end of Reef and the beginning of Them Is Me.

He said: "For ten years we had the best laugh with Reef. I was 20 when I started, and the whole thing was just amazing, but the last 18 months were not so great – it was getting like real hard work.

"And I thought, 'you know what, this is not what I'm in a rock and roll band for, let's walk away from this'.

"Reef had been such a democracy, so for two years I was lost with myself for company in a puff of green smoke.

"But little by little I'd find myself humming a song and before I knew it I had the dictaphone out."

Gary added that recording Them Is Me's debut album and hitting the road had been a simple process, saying: "Everything just seems to have worked out really easily and that's exactly how I remember Reef being.

"I'm so stoked to still be involved with music. It took two years of messing about to realise just how important music is to me."

Tickets to Them Is Me's Chatham gig cost £8. Doors open at 8pm.

• For more information visit www.themisme.com or www.tapntin.co.uk.

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ROCKNROLLA (15)



Guy Ritchie returns to the streets of London, but he needn't have bothered. RocknRolla is of fleeting style and no substance. Old school mobster and foul-mouthed bigot Lenny Cole has visions of grandeur and is keen to forge business ties with a shady Russian billionaire. Unfortunately, the investment money is part of a get rich scheme orchestrated by a sexy accountant and some petty thieves.

BOY IN THE STRIPED PYJAMAS (12A)



Bruno, the son of a Nazi concentration camp commandant, and his sister Gretel live in a mansion, but are one day suddenly moved to a place called Out-With (Auschwitz). Bruno, outraged by his father's decision to move and desperate to go home, spends his time in his room. In boredom, he wonders what is going on at Out-With and why people are always dressed in striped pyjamas there.

EDEN LAKE (18)



Jenny (Kelly Reilly) and her boyfriend Steve (Michael Fassbender), escape for a romantic weekend away. Steve, planning to propose, has found an idyllic setting: a remote lake enclosed by woodlands and seemingly deserted. But the couple's peace is shattered when a gang of obnoxious kids encircles their campsite. The romantic weekend getaway suddenly becomes the holiday from hell.

Revenge of the Seth

BY KATE WHITING

SETH Rogen is slowly but surely conquering Hollywood – with a little help from his friends.

The stand-up comedian turned movie star had his first lead role in last year's Knocked Up, written and directed by his mentor, Judd Apatow.

He followed that with his own film, Superbad, co-written with schoolmate Evan Goldberg.

Pineapple Express, his latest collaboration with Evan and Judd, recently raked in \$40 million in its first five days at the US box office – almost twice its \$27m budget – and it looks set to do just as well over here.

Not bad for a regular-looking 26-year-old who started out telling jokes at bar mitzvahs.

"I had no money when I was younger and in high school all my friends had jobs and I had no job. I just did stand up," the fuzzy-haired actor explains in his distinctive bear-like growl.

"I started realising I had to treat this like a job, so I did a few bar mitzvahs and they paid me 150 bucks or something like that.

"I actually ran into someone recently, they came up to me and said, 'I was at a bar mitzvah that you did stand-up comedy at'. It was so embarrassing!" he chuckles.

The way Seth tells it, his teens were like something out of one of his films. At 15 he was spotted by a mohel – the man who circumcises Jewish boys – who hired him to write 'icebreaker' jokes.

"They were all like bad haircuts jokes like, 'So, a little off the top?'" he sniggers.

"He wanted jokes because everyone is a little on edge, a few icebreakers, just something. But



ROGEN'S JOSH: Seth Rogen (left) with Pineapple Express co-star James Franco

you don't picture raucous laughter and penile surgery going hand-in-hand."

It's really hard to keep a straight face around Seth, but there is serious business at hand, even if Pineapple Express is his take on the classic stoner film genre – and a kick-ass action movie to boot.

He, Evan and Judd all sat down

and came up with the story – drawing on cult films like Pulp Fiction – and then Evan and Seth wrote the script.

Seth plays Dale Denton, a process server (someone who serves legal documents) and self-confessed loser, who is dating a high school girl and spends all day smoking marijuana.

He has a businesslike relation-

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ship with his dealer, Saul Silver (James Franco), but the two are thrown together when Dale witnesses a drug lord and a bent cop commit a murder – and accidentally drops the butt of a rare Pineapple Express joint at the scene.

Knowing the dangerous drug lord will work out who he is, Dale and Saul go on the run – and embark on an unlikely friendship.

Emotional male bonding is a signature trait of Seth and Evan's films and something they find hilarious.

"Those are the relationships that just seem funny to us, just two guys working stuff out," Seth says, laughing again.

"Our group of friends back home was really callous, then I moved to LA and became friends with all these actors and all they want to talk about is how they feel and how hurt they are emotionally.

"We were like, 'We can't talk to these people like we talk to our normal friends, because we'll hurt their feelings,'" he laughs.

"I honestly think that was the basis for our films, hurting other guys' feelings and having to apologise to them, and our own trouble navigating that."



PINEAPPLE EXPRESS
Certificate 15

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YOUR TV REVIEW

THE RESTAURANT
BBC Two, 8pm Thursday
WHO DO YOU THINK YOU ARE?
BBC One, 9pm, Wednesday

BY TOM BETTS

"LIFE is what happens when you are making other plans," was one of John Lennon's more astute observations.

I'm not sure what the producers of the BBC's latest reality snooze-fest have been getting up to, but I'm guessing it must be a fair bit, as they clearly haven't been paying much attention to the lazy format of *The Restaurant*.

Teams of would-be restaurateurs sizzle and boil their way to an inevitable culinary disaster in the hope of impressing those in the know.

The prize for staying the course and avoiding (yawn) elimination?

The prospect of going into business with world-famous Raymond Blanc and earning a shed-load of dosh.

Well, at least one of those has an upside.

While a few will be asking "who will win the partnership with the top Michelin-starred chef?", you get the feeling that 99.9 per cent of the viewing public will be asking, "who friggin' cares?"

The major problem with this whole sorry affair is that it's more or less a re-hash of *The Apprentice*; only with food and less charming contestants.

After a balls-up of Titanic proportions at one hapless pair's eatery, one host remarked, "I don't want to argue with you, I just want to negotiate to your satisfaction," over payment for a less than perfect meal.

He was, understandably, met with a stony silence and lasting glare.

Mind you, if there's been a cheekier



KITCHEN NIGHTMARES: Chef Raymond Blanc (above) decides on who stays in *The Restaurant*

request on TV this year, I'll be jittered if I've heard it.

More terrifying than the thought of paying for a meal at one of these sub-Beefer holes is the prospect of weeks of this diabolical drivel.

It's not all bad news on the BBC though as *Who Do You Think You Are?* proves.

A show that rarely fails to make celebrities cry obviously has some merits.

Whether it's hard as nails TV presenter Jeremy Paxman shedding a tear at the fate of his long lost or actress Patsy Kensit shocked to find out one of her brood was a thief, this show has done for genealogy what skimpy gold hotpants did for Kylie Minogue's bottom.

As good an hour of TV as this is though, the endless shots of the featured personality staring pensively into the distance are beginning to grate, even if they have just found out their great, great granddad was a serial killer.

YOUR WEEK'S HOROSCOPE

BY RUSSELL GRANT



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• To find out more about what the stars have in store call Russell on **Aquarius** 09067-531762



TAURUS (Apr 21-May 21)

BREAKING away from a group is painful, but necessary. Staying with the organisation is starting to drain your emotional and financial resources. Contrary to what you might think, you can make it on your own. You're a lot more imaginative than people seem to think.

• To find out more about what the stars have in store call Russell on **Taurus** 09067-531753



LEO (Jul 24-Aug 23)

AN argument could prompt you to pack up and leave, but don't be hasty. By sticking around and trying to work things out you'll salvage a good relationship. It's hard for you to take a back seat to anybody. Until you learn this valuable skill, all of your partnerships will suffer.

• To find out more about what the stars have in store call Russell on **Leo** 09067-531756



SCORPIO (Oct 24-Nov 22)

IT'S time to scale back your own private leisure activities and attend to other obligations. People are relying on you to help them through a difficult situation. Although you resent having to rethink your plans, you must admit that it's nice to be needed. Trust your intuition.

• To find out more about what the stars have in store call Russell on **Scorpio** 09067-531759



PISCES (Feb 20-Mar 20)

STOP trying to call the shots in a relationship. If you're going to maintain an amicable partnership, you need to ease up on the control freakery. The important thing is to show you can take orders as well as give them. Don't beat yourself up about it; we all have our moments.

• To find out more about what the stars have in store call Russell on **Pisces** 09067-531763



GEMINI (May 22-Jun 22)

YOU may be forced to make changes for the sake of work. Finding another position may not be as difficult as you think. Going back to school or getting an advanced degree could put you on a much more fulfilling career path. Luckily, you've always been a quick learner.

• To find out more about what the stars have in store call Russell on **Gemini** 09067-531754



VIRGO (Aug 24-Sep 23)

THIS isn't a good week to sign an agreement or enter into a partnership. You're being asked to give too many things away. Wait for better options to come along. Relatives may try to pressure you into taking the deal for security's sake, but there are more important things.

• To find out more about what the stars have in store call Russell on **Virgo** 09067-531757



SAGITTARIUS (Nov 23-Dec 21)

THERE'LL be times when you can't keep your temper under wraps and confronting a manipulative relative will certainly make you feel better. Although a row will create some tense moments at home, it's better than letting the tension build and resentment set in.

• To find out more about what the stars have in store call Russell on **Sagittarius** 09067-531760



ARIES (Mar 21-Apr 20)

A PARTNERSHIP could be severely tested. You've got to defer to someone's superior knowledge. If that means giving away a greater percentage of the profits, so be it. Resist the urge to tackle a group effort by yourself. You will need all the help you can get.

• To find out more about what the stars have in store call Russell on **Aries** 09067-531752



CANCER (Jun 23-Jul 23)

BE willing to change your opinions about religion and politics if a respected official falls from grace. Your reverence for authority can sometimes cloud your judgment. If you're the last person to break away from an organisation, don't be embarrassed. It's just a testament to your loyalty.

• To find out more about what the stars have in store call Russell on **Cancer** 09067-531755



LIBRA (Sep 24-Oct 23)

THE same old routine is starting to get on your nerves, but it won't be easy to change your daily schedule, especially as a loved one has come to rely on you. Unless you assert your independence, though, your relationship could suffer. Don't feel guilty for doing your own thing.

• To find out more about what the stars have in store call Russell on **Libra** 09067-531758



CAPRICORN (Dec 22-Jan 20)

IT'S hard to follow through with a project that has caused lots of strain and pain, but do it anyway. Even limping across the finish line is better than not crossing it at all. Sure, some critics will focus on the mistakes you made, but most people will congratulate you for sticking at it.

• To find out more about what the stars have in store call Russell on **Capricorn** 09067-531761

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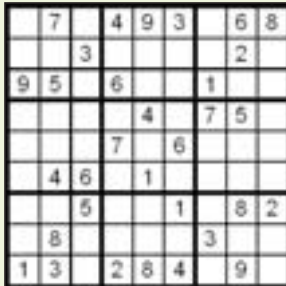
CROSSWORD & SUDOKU

No54

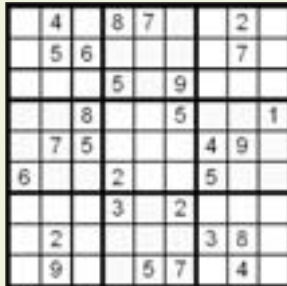
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Fill the grid so that every column, every row and every 3x3 box contains the digits 1 to 9

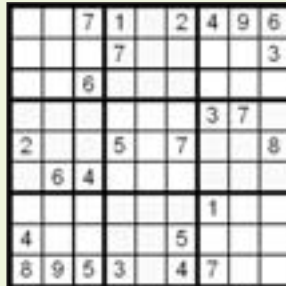
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CRYPTIC CLUES

ACROSS

- 1 Undertaking to jut out (7)
- 5 Wrongful act of receiver (7)
- 9 Brewer's jug? (4)
- 10 Permission arranged for single edition (10)
- 12 Become big enough to fill completely although it got worn out (not shirt) (4,4)
- 13 Packing them in for fisticuffs (6)
- 14 Learned landlord? (3,2,7)
- 17 Indicate exact place for race (5-2-5)
- 21 Riddle used to perplex (6)
- 23 Bought freedom, unspecified amount in foreign currency (8)
- 24 Relative resists pet struggling (10)
- 25 Long drink first for bird (4)
- 26 Modern archbishopric in America? (3,4)
- 27 One's back to work with energy on atom (7)

SCRIBBLE HERE



QUICK CLUES

ACROSS

- 1 Eccentric (7)
- 5 Despotism (7)
- 9 Baghdad's country (4)
- 10 Board game (10)
- 12 Remission (8)
- 13 Insanity (6)
- 14 Alternative (6,6)
- 17 Guttersnipe (6,6)
- 21 Court clown (6)
- 23 Area included (8)
- 24 A South American (10)
- 25 Practical joke (4)
- 26 Otalgia (7)
- 27 Paint in dots (7)

DOWN

- 2 Serial (anag.) (6)
- 3 Agree tacitly (9)
- 4 Automatic (7)
- 6 Divine (7)
- 7 Spice (5)
- 8 Regulating device (8)
- 11 Tube-shaped (11)
- 15 Proprietorship (9)
- 16 And so on (8)
- 18 By means of (7)
- 19 The Avon (anag.) (4-3)
- 20 Torn skin on finger or toe (6)
- 22 Eighth Greek letter (5)

LAST WEEK'S SOLUTIONS

SUDOKU SOLUTIONS No53

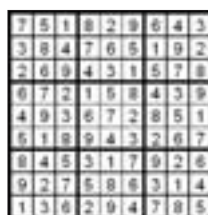
EASY



MEDIUM



HARD



CRYPTIC SOLUTION No53

ACROSS: 1 Jackknifed 7 Camp 9 Supertax
10 Venice 11 Bound to win 14 Conquest
15 Dodgem 16 Abbess 18 Strung-up 20
New Zealand 23 Global 24 Amenable 25
Styx 26 Waterproof. DOWN: 2 Arum 3
Keep 4 Notable 5 Foxhunt 6 Divided 7
Concordant 8 Machinegun 12 Double-flat
13 Squeeze-box 17 Swallow 18 Sea-salt 19
Red deer 21 Haar 22 Also.

QUICK SOLUTION No54

ACROSS: 1 Bizarre 5 Fascism 9 Iraq 10
Backgammon 12 Remitted 13 Lunacy 14
Second choice 17 Street urchin 21 Jester 23
Coverage 24 Venezuela 25 Hoax 26 Earache
DOWN: 2 Israel 3 Acquisitice 4
27 Slippage 6 Angelic 7 Gamin 8 Stopcock 11
Cylindrical 15 Ownership 16 Elicited 18
Through 19 Heave-not 20 Agnail 22 Thelia

Answers to all of this week's quizzes can be found on our website

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Bringing those fjords into focus

BY TREVOR MASON

THREADING our way through dozens of islands off the west coast of Norway, it was difficult to believe we were on a ferry from England and not some luxurious Scandinavian cruise.

On the DFDS route from Newcastle to Bergen, the voyage is very much a part of the holiday. Norway is known for its outstanding scenery – and high prices. But once visited, it draws you back again and again.

With that in mind, and for our fourth visit in 30 years, we booked a contrasting two-centre holiday, sampling first a wood cabin high in the mountains and then a city centre hotel in Bergen.

Sailing on the Queen of Scandinavia, the 26-hour journey went almost too quickly thanks to a comfy cabin, a good choice of restaurants and bars, entertainment and films.

We arrived at Bergen – Norway's second largest city with a population of just 242,000 and gateway to the fjords – feeling relaxed.

On an excellent road, we plunged into tunnel after tunnel, hewn through rough rock, and as we climbed higher into the mountains, we passed raging rivers and dozens of waterfalls, with white and red-coloured cabins clustered around lakes large and small.

After collecting our keys and bedding, we turned into a gated private road to reach at our cabin, high in the Kvamskogen mountains – an area popular with skiers in winter and



HIGH AND MIGHTY: There's no shortage of spectacular scenery on offer in Norway

walkers in summer. The cabin had every modern comfort, including satellite TV, DVD player and underfloor heating. The huge outside deck commanded dramatic views of the surrounding summits – some snow-capped even in August – and a large lake below. The peace and quiet, broken only by the occasional tinkling of bells on wandering sheep, was intense.

The nearest town, Norheimsund, had good supermarkets, and yes, we found almost everything much more expensive than in England.

After a week in the mountains it was time for the bustle of city life in Bergen. Staying at the comfortable Thon Hotel Rosenkrantz, on the historic Bryggen waterfront, we were ide-

ally placed to explore its charms. We took a harbour cruise and were able to walk to many of the city's attractions, such as the aquarium and art galleries.

A cable car to the peak of Mount Ulriken – at 642 metres the highest of the seven mountains surrounding the city – offers views out to sea and inland. But on the day we went up, mist and cloud obscured most of the horizon.

We had better luck with the Floibanen, a funicular railway which takes you from the heart of the city to the top of the 320-metre Mount Floyen, where viewing platforms give expansive views.

All too soon our holiday was over, but we still had the return journey to look forward to.

FACT FILE: NORWAY

Time difference	UK plus 1 hour
Capital	Oslo
Population	4.7 million
Language	Norwegian
Climate	Temperate/arctic
Religion	Christian (mainly Protestant)
Currency	£1 = approx 10 krone

Travel details

• Trevor Mason was a guest of DFDS Seaways, which offers six-night B&B hotel stays in Norway from £436 per person, including three nights onboard in commodore class and three or four nights B&B at the Solstrand Hotel in Bergen, plus carriage of standard car. Seven-night self-catering holidays in Norway start at £1,221 for two sharing inside cabin with return ferry crossings, from £1,241 for two in outside cabin and £1,375 for two in commodore class cabin. DFDS offers log cabin stays starting at £130 per person, including two nights onboard, carriage of vehicle and four/five nights in lodge. DFDS Seaways reservations: 0871 522 9955; www.dfds.co.uk/activityholidays.



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PROPERTY NEWS

Nationwide is merging with smaller rivals

NATIONWIDE Building Society, which has branches across the county, is to merge with the Derbyshire and Cheshire Building Societies.

The UK's largest building society will acquire its two rivals through separate transactions, in a move it says it has undertaken to ensure the viability of the mutual sector in the UK.

The decisions were described by Nationwide as "prudent and pre-emptive", following the identification of "financial issues" faced by the smaller societies.

Smaller societies have come under pressure in recent months to consolidate positions, as the liquidity crisis reduces the availability of wholesale finance.

The move is in the "best interests" of the savers and borrowers of both smaller societies, said Graham Beale, Nationwide's chief executive.

"The core member businesses of both societies are in good shape and have a better future as part of a larger organisation," he said.

Landlords can tailor interiors to tenants

THE Residential Landlords' Association is advising buy-to-let investors to check the interiors of their properties in order to ensure they can get the best deal when it comes to tenants.

RLA director Alan Ward says thought should be given to interiors to ensure the decor and fittings appeal to the kind of person the landlord is seeking to attract.

Furnished apartments are usually best for students or young singles, while couples and those looking for long-term leases are more likely to wish to put their own stamp on homes.

Young professionals sharing a house may be looking for two bathrooms.

The local market should also be researched before deciding whether to let a property fully or partly furnished.

A well presented property is easier to let and more likely to give a choice of tenants. It is important to research the chosen tenant group and review whether a property will meet expectations.

Landlords need to be increasingly aware about marketing, according to RICS, because instructions for lettings are on the rise.

Borrowers benefit as lenders start rate war



Positive news at last for hard-pressed home buyers

MORTGAGE buyers have received a boost with lenders setting off a rate war to attract the best customers.

Of the 12 leading lenders, nine have now cut their headline interest rates on two and three-year fixed-rate deals in the last two weeks alone, according to research from MoneySupermarket.com.

Halifax – the UK's largest mortgage lender – led the way with cuts of 0.95 per cent, bringing the cost of the cheapest two-year deal down to 4.89 per cent.

■ BY NICK AMES

However, the deal comes with a maximum loan-to-value (LTV) ratio of 25 per cent and a fee of 2.5 per cent.

Lloyds TSB is also offering a rate below five per cent. Following cuts of 0.5 per cent over the last two weeks, the bank now has a deal at 4.99 per cent, with a similar LTV and fee structure to Halifax.

Cuts of 0.2 and 0.25 per cent respectively have seen Britannia and Abbey take rates on a two-year fixed-rate deal to 5.44 and 5.54 per cent. However, Abbey has a maximum LTV of

70 per cent on the cheapest deals.

"We are in the midst of a mortgage crisis, yet three-quarters of the nation's biggest lenders have recently slashed rates on deals," said Louise Cuming, head of mortgages at MoneySupermarket.com.

"For such a significant proportion of mortgage providers to drop their rates underlines an industry-wide recognition that rates were too high.

"This is good for borrowers who can take heart in some positive news – a rarity during the credit crisis.

"I am also pleased see lenders making a real effort to make borrowing more affordable."

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TUFTON STREET OIEO £125,000

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TONBRIDGE ROAD OIEO £130,000

In need of modernisation, situated in a non estate location. The property benefits from two bedrooms, separate lounge and dining room, an upstairs bathroom and an enclosed rear garden.

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KINGFISHER MEADOW £137,500

An ideal first time buy with direct views overlooking the river Medway. This well presented 1 bedroom apartment benefits from being situated close to leisure facilities along with Maidstone town centre.

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DOWNSWOOD £139,000

A one bedroom starter home located in Downswood and offered with double glazing, allocated parking and no ongoing chain.

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MILTON STREET £145,000

An older style bay fronted home with two double bedrooms and a spacious family bathroom. 2 separate reception rooms, gas central heating, double glazing and cellar. There is no forward chain.

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MARSHAM STREET £149,950

A self contained retirement apartment for the over 55's. The property includes two double bedrooms and a 17' living room. There are lifts to all floors and a resident manager.

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A three bedroom home available with no forward chain. The property benefits from double glazing and gas central heating, two separate reception rooms, cellar and a rear garden of approximately 45'.

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UNION STREET £159,950

A unique 4 bedroom terraced home in a courtyard style development in Maidstone town centre. Modern kitchen and bathroom but does require some work. There is no forward chain.

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VINTERS PARK OIEO £162,000

End of terraced home with no ongoing chain. The property benefits from a re-fitted kitchen with appliances, to the rear the garden extends to 50' in length and there is a garage and parking.

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LEEDS £165,000

A well presented two bedroom mid terraced home situated in the semi rural village of Leeds. The property benefits from a through lounge dining room and study along with a fitted kitchen.

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LENHAM £169,995

A two double bedroom semi-detached home built originally by Hillreed Homes. Re-fitted shaker style kitchen, double glazing and gas central heating. There is also a garage and no forward chain.

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VINTERS PARK £175,000

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DODDINGTON COURT £175,000

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The Quern OIEO £150,000

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Vinters Park £164,500

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Forest Hill £167,500

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Chapman Avenue OIEO £170,000

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3 bedroom semi detached period Grade II listed cottage with wealth of character features. Lounge with Inglenook, dining area, breakfast room, study, fitted kitchen with granite work tops and slate flooring, utility room with cloakroom, bathroom and en-suite to the second bedroom, enclosed rear garden and driveway with parking for approximately three cars. No forward chain. Stamp Duty paid subject to offer, P/X considered up to £190,000.

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MOTORS NEWS



Buyers keen to Czech out new Skoda Superb

SKODA aims to put 'Superb' back into its reputation. The Czech marque made its name and the original Superb models before World War Two, as pre-communist Czechoslovakia's equivalent of Rolls-Royce.

Guests at Skoda dealers' new Superb launch nights this week will find out whether such quality and style is back.

The new car (from £15,490) will be ridiculously cheap like its immediate predecessor though, for an executive class model.

As usual, Skoda's spec levels will be embarrassingly generous too.



Peugeot's new surfers' option on the Tepee

PEUGEOT has followed up the successful Partner Combi family holdall.

The Partner Tepee is based on the Peugeot 308 car rather than a van though. Costing from £11,215, it seats up to five, has sliding rear side doors and majors on storage, removable seating and versatility – there is even an optional internal roof rack designed to take surfboards.

An alternative Zenith multi-purpose roof option adds 80 litres of extra storage beneath the high roof plus four large glazed panels for extra cabin airiness.



Proton launch dual fuel saver challenge on Ford

PROTON has launched a 'same price' dual fuel 1.6-litre GEN-2 Ford Focus challenger. The 'ecoLogic' GEN-2 beats the credit crunch and high road tax and fuel costs by automatically switching from its petrol tank to run largely on cut-price LPG (liquefied petroleum gas).

LPG currently costs 58p/litre, but an aftermarket conversion costs £1,500-£2,000; the factory-fitted installation on the ecoLogic GEN-2 is available for £10,995 in hatchback or £10,795 in saloon form.



SHOWING THE WAY: BMW's 'EfficientDynamics' technology has been fitted to most of its cars and uses energy that would otherwise be lost in braking to recharge the battery

Commute for free with BMW's green machine

SOME car makers trumpet hybrids, others spout the controversial eco-merits of bio-power.

There is also hydrogen, but that is a way off yet.

Then there's 'a nip here, a tuck there', an approach that has landed many awards for the BMW 118d and the German marque's 'EfficientDynamics' technology fitted to most of its cars.

The BMW package uses energy otherwise lost in braking to recharge the battery, mostly sidelining the engine-sapping alternator.

Emissions and demands on power and fuel are also reduced by electric power steering and 'Start-Stop'; the engine stops when the car sits in neutral and restarts when the clutch is depressed.

Furthermore, a gearshift change indicator encourages economical motoring.

All of which enables the three/five-door 118d to record 62.8mpg on the combined cycle with CO2 emissions of just 119g/km, putting it into road tax band-B (£35/year) and London Congestion Charge exempt under proposed revisions.

This suggests that a Kent-based commuter

ROAD TEST BMW 118d

BY STEVE LOADER

STAR QUALITY

Driving appeal	★★★★★
Image	★★★★★
Space	★★★★★
Value	★★★★★
Running costs	★★★★★
Reliability	★★★★★
Green rating	★★★★★

could actually take out a three-year PCP (Personal Contract Purchase plan) on a 118d and run it for free from congestion charge and fuel savings.

We borrowed one from Broad Oak BMW of Ashford and Canterbury, which confirms a hefty take-up for the greener 1-Series. An all-white paint job made it hard to dish the dirt on our eco-paragon, three-door hatch sample, other than to remind myself that I still don't like the styling. However, the car feels well constructed and, of course, handles beautifully in the 'BeeEm' tradition thanks to its front engine/rear drive balance.

Liberated by EfficientDynamics, the 2.0-litre engine – the nomenclature suggests 1.8, but it is actually 1,995cc – has punch if you want to drive it hard. That electric steering is also precise with good feedback, unlike some.

On the other hand, the engine and smooth six-speed 'box allow quiet and frugal cruising.

The rear is not the most spacious and access could be better, even in the five-door. Run-flat tyres also dictate an unforgiving ride, though losing the spare saves weight and returns space lost to the car's rear transmission.

• Email steve.loader@kosmedia.co.uk



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USED CAR ROUND-UP: OUR PICK FROM A KEY SECTOR

BEST-SELLING JAPANESE SUPERMINIS

carsforrent.co.uk

SUPERMINIS were not something that Japanese carmakers used to 'do' with much style or verve. They were reliable, of course, but easily outclassed for image and style by European marques. But that changed with the original Toyota Yaris, ironically made in France for European markets. The Yaris now faces its stiffest competition from fellow Japanese manufacturers in the form of the quirky looking yet robust Nissan Micra and Mitsubishi Colt. All three make a statement but are also practical and reliable.

TOYOTA YARIS



TOYOTA'S original mould-breaking supermini (pictured) was replaced in 2006, but the second generation car has built upon its reputation for space within eye-catching yet compact dimensions; a Yaris of any age makes a decent used buy. The original also spawned the hugely versatile Verso estate-cum-MPV. The Yaris driving experience is classy too, but the years are becoming less kind to the interior design and visual quality of the original car.

STAR QUALITY

Driving appeal	★★★★★
Looks and image	★★★★★
Space	★★★★★
Value	★★★★★
Running costs	★★★★★
Reliability	★★★★★
Quality	★★★★★

NISSAN MICRA



BORING Nissan? Well, the Micra has blown that myth apart. This is the supermini that says you don't have to conform to style in order to be space-efficient and you don't have to carry a French badge to be chic – although Renault now owns Nissan. The Micra turns heads and looks 'right' in three or five-door form. It's affordable and reliable, available with excellent diesels and marketed with some stylish trim in the dearer versions.

STAR QUALITY

Driving appeal	★★★★★
Looks and image	★★★★★
Space	★★★★★
Value	★★★★★
Running costs	★★★★★
Reliability	★★★★★
Quality	★★★★★

MITSUBISHI COLT



THIS stylish little car has been a lifeline for Mitsubishi dealerships, starved so long of decent mainstream car models. It is offered in two forms: an MPV-style five-door with masses of space and a higher driving position, or a lower-slung and pugnacious sporting three-door. The CZT three-door hot hatch version is possibly best in class for the money, but the whole range delivers a good drive. Interiors are refreshing and almost Scandinavian in design.

STAR QUALITY

Driving appeal	★★★★★
Looks and image	★★★★★
Space	★★★★★
Value	★★★★★
Running costs	★★★★★
Reliability	★★★★★
Quality	★★★★★

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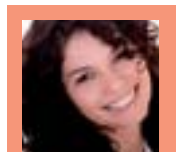
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I'm Ruth, hard-working, kind, caring woman, 32, brown hair/eyes, nice smile, looking to meet similar chap, so call me and let's see how it goes. Box 901072 **E**

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Mum of three, 36, mousey hair, blue eyes, interested in historical places, music, eating out, seeks kind, caring, genuine male 36-49, non-smoker, for LTR. Box 440693 **E**

SEIZE THE DAY

Attractive and friendly female, 36, caring, considerate, outgoing, loves to travel and walks on beaches, seeks similar male for potential long term romance. Box 442392 **E**

MEND A BROKEN HEART

Single mum, 37, fun-loving, been hurt in past, looking for nice, genuine guy for hopeful happiness - no time wasters! Box 909053 **E**

SEIZE THE DAY

Loving female, 36, 5ft4, brown hair, green eyes, likes socialising, staying in, seeks genuine male for friendship and more. Box 442866 **E**

LOVE TO LOVE YOU

Lovely female, 36, 5ft4, medium-large-build, blonde hair, blue eyes, own house, loves walking, going out, the usual! Seeking male for long-term relationship. Box 438102 **E**

FREE AD placement, call:
0808 156 5339
COLLECT your messages:
0906 550 4335

THE SOUND OF LOVE

Divorced mum of two, 41, 5ft4, medium build, brown hair, blue eyes, GSOH, likes eating out, bowling, cinema, nights out, seeking like-minded male for love. Box 887416 **E**

MAKE ME SMILE AGAIN

Sociable female, 41, attractive & slim, looking for a honest, chilled kind guy who has time to spare and share! Box 887484 **E**

LOOK FORWARD TO HEARING FROM YOU!

Slender female, 46, 5ft11, easygoing, happy natured, seeking LTR with a caring, committed man who enjoys cinema, eating out, reading, DVDs and more. Box 443216 **E**

LET'S TAKE A RIDE

Hi, I'm Laura, 47, friendly, honest, love motor-biking, WLTm gentleman interested in bikes, walks, holidays, countryside, museums, castles, and perhaps love! Box 440397 **E**

ON A PLATE

Caring, honest 46yr old female, 5'2", eyes of blue, redhead. Likes cinema, theatre, walking. WLTm male for fun and friendship. Box 895928 **E**

LAUGHTER, THE BEST MEDICINE

Help me write my stand-up comedy routine! I'm 49, you'll need to make me laugh out loud and understand observational comedy to make the grade. Box 892640 **E**

JUST IMAGINE

Petite, brunette, bubbly, friendly, easygoing single mum, 49, enjoys cinema, eating out, socialising, most things. WLTm genuine male, to see where life takes us! Box 893562 **E**

ENTERTAIN ME

49yo female, medium build, blonde, quite short, seeking tall, confident, sensual guy for regular wine, dining, loving and laughter, honest, genuine and loving. Box 438854 **E**

DIG DEEPER

Genuine, friendly female, 49, likes walks, gardening, nights in/out, seeking genuine, friendly male, 45-55, Dover. Box 435441 **E**

MEND A BROKEN HEART

Hard working, kind and caring female, young 52, seeking a genuine man for a relationship, no time wasters please! Box 444286 **E**

LOVING & HAPPY-GO-LUCKY

Jolly, caring female, 51, 5'3", brown hair, hazel eyes, own business, WLTm nice, tall, good looking gentle, fun loving male and love. Box 826514 **E**

COMPANIONSHIP, LAUGHTER, HOPEFULLY MORE

Curvy & cuddly, outgoing, friendly, love life, 5ft, 5ft7, larger build, fair hair, likes socialising, cinema, music, swimming, WLTm similar loving male. Box 443629 **E**

STROKE MY HAIR

Very young looking female, 53, 5ft6, slim, hazel eyes, wicked SOH, loves the coast, sea, country, socialising, seeking fun-loving man for laughter and love. Box 444136 **E**

HAPPY AGAIN

Hello, I'm Sue, 53, 5ft11, size 14, enjoys country walks and meals in/out, WLTm a male to be happy again with. No time wasters! Box 443832 **E**

KEEPING COMPANY TOGETHER

Young looking South African origin tall female, 45, long dark hair, seeking caring male for friendship and hopefully more! Box 444232 **E**

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Join the 1000s of fun, flirty people on your phone!

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You can choose to text the member's 6-digit box number followed by a space, then your message (max of 160 characters) and send to **82250** e.g. 654321 Hi my name is... Normal network rates apply to send messages. Successfully forwarded messages cost £1.50 per message.

COULD YOU BE THAT MAN?

Hi, I'm Sue, 53, 5ft11, size 14, n/s, enjoys walks and meals in/out, seeking a male to find happiness with. Box 443934 **E**

LOVELY LADY...

53, fit and healthy, single now for nine years and can't find the right man! If you enjoy sports and live music let's chat! Box 923309 **E**

DON'T BE SHY, SAY HI!

Positive, happy, young-at-heart Mum, 55, 5ft8, blonde, loves classic rock and blues, country pubs, WLTm like-minded genuine male for friendship and hopefully something more. Box 443955 **E**

NO SHALLOWNESS

Intelligent lady, 55, 5ft8, large build, looking for a nice, genuine male who enjoys theatre, meals, laughter, music, relaxing and good conversation. Box 444145 **E**

SOPHISTICATED SUE

Sue, 56yr old, 5ft4, green eyes, petite, loves cooking, holidays, reading and swimming. WLTm a tall professional male, similar age, for friendship and romance. Box 443309 **E**

SMART MOVE

Spontaneous, friendly, lively female, 55, likes cinema, walking, cooking, socialising, seeks similar person for friendship leading to hopefully more. Box 443054 **E**

NEW!

Quick, easy way to view a member's photo!

Just enter the six-digit box number, followed by a space, then PHOTO and send to 82250

Your phone must be WAP-enabled £1.50 per photo

Add a photo of yourself

Register your number with us & send by SMS to 07746 738 778. Enter P2P as subject.

MMS - standard network charges apply.

DANCE WITH ME?

Slim, blonde, female, 57, interested in the coastline, cosy nights in, eating out, pubs (with music). Looking for companionship initially. Not looking for marriage! Box 887517 **E**

TAKE MY HAND

Happy-go-lucky female, 59, likes to drive, the coastline, cosy nights in, good meals, WLTm caring male with love laughs and with more. Box 444226 **E**

MAKE ME PURR

Happy-go-lucky lady with nice smile, 62, 5ft3, medium build, brown hair/eyes, enjoys dancing, walking, eating in/out, animals, seeking loving man for friendship/long term relationship. Box 443171 **E**

Women seeking women

ROCKING RELATIONSHIP
Fun-loving female, 28, in the Canterbury area, short brown hair, brown eyes, looking to meet fun-loving females for potential relationship. Box 889771 **E**

YOU'VE GOT A FRIEND

Related female, 37yr old, 5ft6, fair hair, enjoys evenings in, cinema and pub, WLTm a female for friendship and companionship. Box 442347 **E**

CANDLELIT CUDDELES!

40-year-old gay woman, likes nice wine, candlelight, the sea, passionate people and places, muddly walks and cosy nights in, WLTm gay woman for friendship/relationship. Seaford. Box 884541 **E**

ATTRACTIVE, BUBBLY LADY

55yrs, 5ft6, blonde, size 12 enjoys good food/wine, theatre, countryside, holidays, seeking a sincere, genuine female, for friendship first, possible relationship. Box 414143 **E**

FUN AND CUDDLY

42yr old male, 5ft7, blue eyes, enjoys cinema, walking, swimming and cosy nights in, seeking a damsel to rescue and be happy with. East Sussex. Box 443933 **E**

THE REAL THING

Happy-go-lucky, fun-loving male, 42, 5ft9, brown eyes, medium build, likes nights out/in with a can of coke, seeking similar female for companionship. Box 441762 **E**

HAND IN HAND FOREVER?

Happy-go-lucky confident person, 42, 5ft11, black hair, loves sports, drink travel, seeking similar female 30-45 for love. Box 444205 **E**

LOVE ME DO

Caring and loving male, 43, average looks, self-employed, enjoys wild life, sci-fi and gardening. WLTm a petite female, 30-50, for a LTR. Box 444063 **E**

LOVE IN THE STARS

Genuine reliable male, 43, likes pubs, says out, nights in, watching films, good-looking, seeking curvy female 29-48 for mutual love & happiness. Box 442108 **E**

BODYGUARD

Muscular male, 44, 5ft9, blue eyes, enjoys keeping fit and good company, WLTm a female, 32-44, for fun and friendship, maybe more. Box 444075 **E**

VEGETARIAN

44yr old sociable, single dad, tall, fit, black hair, love cooking, countryside, travel, seeking a caring and loving female. GSOH for friendship and LTR. Box 434684 **E**

LOOK NO FURTHER

I'm Tom, 44, blue-eyed, slim, 5ft5, a single dad of 1 from Eastbourne, likes swimming, motorbikes, clubs, having fun, and I'm looking for love! Box 394758 **E**

R U OUT THERE?

Hi, I'm Mark, 32yrs, brown hair & eyes, muscular build, I'm easy-going, go for a laugh type of guy, looking for Mrs Right. Box 900019 **E**

FOR LOVE

South African sporty male, 35, 5ft10, professional city worker, likes going out, has GSOH, seeking blonde lady 20-35ish for good times and more. Box 444057 **E**

ROLLING ON

Down-to-earth male, 35, slim, likes the pictures, cycling, walks, reading, hoping to meet nice lady for love and romance. Box 444089 **E**

LARGER LADY WANTED

Muscular white male, 35, 6ft5, hobbies include: weight training, music, reading etc, seeking a medium/large build female for fun, friendship and who knows what else. Box 444341 **E**

HERE I AM

I'm Stuart, 36, 6ft6, short dark hair, stocky build, love squash, badminton, swimming, the gym, theatre, seeking a fun-loving, nice lady for love and love. Box 457106 **E**

FUN-LOVING SOULMATES

Genuine single fella, 37, worked hard all my life now needs to play hard, seeking loving lady to have loads of fun and more with. Box 443971 **E**

WORKING OVERTIME

Self-employed male, 37, 6ft1, short brown hair, blue eyes, medium build, enjoys the gym, pubs, clubs, restaurants. WLTm female for long term relationship. Box 443065 **E**

HI LADIES

I'm 38, 5ft11, average build, like pubs, restaurants, cinema, quiet nights in, looking for a fun-loving female, 30-45, who enjoys cinema, walking, swimming and cosy nights in, seeking a damsel to rescue and be happy with. East Sussex. Box 443933 **E**

MAKING SWEET MUSIC

Romantic male, 39, 6ft, blue eyes, medium/large build, enjoys socialising, cosy nights in, 70s/80s, looking for a loving, fun-filled female for happiness. Medway town. Box 433795 **E**

WORKAHOLIC SEEKS COUNTRY GIRL

Hi, I'm 40, down to earth, reliable, honest, keeping fit, going out, meals out, watching movies, seeking similar lady for lasting love & happiness. Box 889945 **E**

ARE YOU OUT THERE?

Self-employed carpenter/shopfitter, 42, a Dad, single for a while and now looking for my soulmate, be nice to meet some friends along the way. Box 887718 **E**

BROWSE and listen line:
0906 753 3093
HELP required with service?
0871 220 9205

Live assistance, 2pm-5.30pm. Mon to Fri! Email: louisae@gswave.co.uk

TACTILE, FUNNY AND LOVABLE

David, 48, tall, slim, brown hair, clean and tidy, loves being in love, looking for a feminine, funny and feisty female for friendship and more. Box 887784 **E**

WAITING FOR YOU

Fun-loving and laid-back male, 50, 6ft4, slim/medium build, smoker, enjoys cinema, music, travel and country pubs, seeking a female 44-55 for a LTR. Box 443863 **E**

TACTILITY

Good-looking professional Dad, 51, 6ft, slim, dark hair, non-smoking, well travelled, enjoys sports, eating out, swimming, seeking similar female for love and happiness. Box 443548 **E**

LET'S FIND LOVE

Down-to-earth fun-loving male, 51, 5ft8, blonde hair, goatee beard, likes motorbikes, seeking like-minded female for love and happiness. Box 444040 **E**

WANNA SHARE MY LIFE WITH U

Hi my name's David, 50, honest, caring, 6ft, medium build, blonde hair/blue eyes, own home/car, non-smoker, likes nights in and out, seeks female, for long-term relationship. Box 420000 **E**

CRAZY, HAPPY, DEVOTED IN LOVE

Young male, active, 52, enjoys socialising, mixing with people, catting, having fun, cooking, music, theatre, travel, seeking like-minded female for love and happiness. Box 444040 **E**

EX-ARMY MALE

Carpenter/builder, 56, 5ft10, own hair/teeth, likes the gym, swimming, walking, dancing, films, music, current affairs, seeking like-minded lady for love. Box 444103 **E**

LOVE ME, LOVE MY TROLLEY

Tall, dark, divorced male, 59, likes most music, dining out, cinema, seeking female to share her trolley for friendship and hopefully more. Box 444251 **E**

PURSUE LOVE

Retired, considerate male with GSOH, 67, 5ft8, medium build, loves the countryside, animals, travel, seeking slim female 45-65 with similar interests. Bexhill-on-Sea. Box 444300 **E**

Men seeking men

FUN TIMES

39yr old male, looking for fun with an attractive man. I'm going going with a slim/medium build. Box 437652 **E**

TALL ORDER

40yr old chap, 5ft8, dark, slim/muscular build, good looking, looking for tall guy for fun. Box 439132 **E**

WAITING FOR YOU

42yr old male, blue eyes, shaved head, enjoys eating out, socialising, art and theatre. WLTm a male, 35-50, for fun, possible more

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- **Building Faculty** – includes responsibility for building and construction, carpentry and joinery and structural finishing courses
- **Electrical Faculty** – includes responsibility for all electrical courses
- **Engineering Services Faculty** – includes responsibility for all heating and plumbing, air conditioning and refrigeration and fabrication courses

These are key appointments reporting directly to the Head of Division and the successful candidates will need to demonstrate the ability to manage multidisciplinary instructional teams to achieve high quality teaching and high pass rates in all course programmes within their faculty. For the Construction and Engineering Faculty Managers posts you will be a qualified and experienced engineer or tradesperson preferably with an education or training background, although this is not essential.

For an application form and job description please: Visit our website www.midkent.ac.uk
Email: rsme.recruitment@midkent.ac.uk
Telephone 01634 845402 (24 hour answer machine)
Personnel Director Iain Donaldson on 01634 884422
Personnel Officer, Marie Cook on 01634 884736

Informal enquires are very welcome, please telephone:

Closing Date 26th September 2008 Interviews will take place in week commencing 29th September 2008



The College is committed to Equal Opportunities and to selection on merit. It welcomes applications from all sections of society. We particularly welcome and encourage applications from under represented groups including black, minority ethnic and disabled people.



WEST KENT



Community Support Worker

Based in Rainham, Job Ref: MSF048

Salary £18,038

37 hours a week

West Kent is a high performing housing association providing excellent homes and services across Kent and we are a Sunday Times Best Company and a listed Top 100 small employer.

In the role of Community Support Worker you will provide floating support to a group of vulnerable clients, who have previously received support from a Community Support Officer and are now ready to withdraw from the service.

Your key role will be to help individuals become independent and make a fresh start.

For this role you will need experience of supporting people in at least one of the following areas: mental health, learning disability, substance misuse, or vulnerable older people.

You must have genuine commitment to make a difference and have a flexible approach. Excellent communication and motivational skills are essential as you will be working closely with a broad range of people.

You will encourage self-sufficiency and independence while at the same time providing clients with the support and guidance they need to get back on their feet. You may also be required to give practical 'hands on' help in life skills in some cases.

You must be well organised, able to work on your own initiative and have a full driving licence and access to a vehicle for business use.

To request an application pack contact Clare Cornwell on 01732 749451 or email clare.cornwell@wkha.org.uk

Closing date: 29 September 2008

Interview date: w/c 6 October 2008

This post is subject to a Criminal Records Bureau check.

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South East Health Ltd is a dynamic, growing organisation, commissioned by several Primary Care Trusts in Kent and Sussex to deliver an impressive range of unscheduled care services to a resident population base of around 2.2 million.

In order to meet the needs of patients we require experienced nurses to join the following nursing teams:

NURSE PRACTITIONERS

Nurses with minor illness/injury experience are required to work alongside our GP workforce at William Harvey Hospital, Ashford for daytime and out-of-hours shifts as part of our A&E Front Ending Project.

We also require experienced minor illness nurses to work within our Out of Hours clinical bases within East Kent including Sittingbourne and the Isle of Sheppey. Nurses will provide assessment and treatment for patients with urgent care needs, supported by PGDs and prescribing skills where appropriate.

NURSE ADVISORS

Telephone Nurse Advisors are the first point of clinical contact for patients and we are currently recruiting for our Ashford Call Centre. Using clinical knowledge and skills alongside triage protocols you will decide the most appropriate pathway of care for patients and their symptoms.

STAN (SINGLE TELEPHONE ACCESS NUMBER)

The STAN service has been commissioned by PCT's and is staffed by a team of experienced nurses and skilled support staff. We require nurses to join our team working between 8am and 8pm at our Ashford Call Centre to help plan patient care alongside GP's ensuring appropriate transfers of care for patients.

For an application pack or an informal discussion with the locality manager please contact Caroline Weetch, HR Assistant on 01732 376092 or e-mail caroline.weetch@sehnps.nhs.uk

Closing date for receipt of application: 10th October 2008

South East Health is an equal opportunities employer.



Extraordinary People doing an Extraordinary Job

One of the country's leading providers of education and residential care for vulnerable young people are now recruiting. Due to expansion, our homes near Maidstone, Meopham and Bromley currently have vacancies for:

Registered Manager (Salary up to £33,900 plus bonus)

Deputy Managers (up to £22,980 plus £27 per sleep in allowance)

Senior Residential Support Workers (up to £20,040 plus £27 per sleep in allowance)

Residential Support Workers (up to £15,500 plus £27 per sleep in allowance)

Waking Night Residential Support Workers (up to £9.88 per hour)

As part of the team of carers, you will work closely with the young people, providing 24 hour intensive care and support within the home.

Ideal applicants will have had experience as a residential childcare practitioner or in education. You will need appropriate qualifications and experience to be considered for the Registered Manager, Deputy Manager and Senior RSW roles.

These positions come with an excellent benefits package and we take pride in the training and career opportunities we offer.

If you feel you have the skills and experience to succeed in any of these roles, please telephone our 24 hour recruitment hotline on **01536 509209** for an application pack or email slitman@castlehomes.co.uk. You can also access our recruitment web page on www.castlecaregroup.co.uk

Closing date for completed applications: **6th October**

Interviews will take place during week commencing: **13th October**



achievement employability experience development



Canterbury College is a leading FE and HE College which offers opportunities and an environment in which our 800 staff and 12,000 learners can reach their potential, so we can achieve our goal of being one of the best Colleges by 2010. To support this, the College has been undergoing a £50 million re-development, which opened in January 2008. We are now developing plans for Phase 3, for completion in 2012.

Head of Faculty Higher Education	08/112	
37 hrs per week, salary starting from £40,821 per annum		
Section Manager – Automotive Engineering	06/70	
37 hrs per week, salary starting from £32,808 per annum		
Section Manager Construction Craft	08/12	
37 hrs per week, salary starting from £32,808 per annum		
Section Manager – Sports, Leisure, Travel & Tourism	08/27	
37 hrs per week, salary starting from £32,808 per annum		
International Manager	08/111	
37 hrs per week, salary starting from £32,808 per annum		
Co-ordinator of WBL and other Part-time Motor Vehicle programmes including IMI ATA	CO106	
37 hrs per week, salary starting from £26,365 per annum		
Coordinator of IMI and C & G Full-time Automotive Engineering Programmes	08/132	
37 hrs per week, salary starting from £26,365 per annum		
Lecturer Public Services	07/31	
18.5 hrs per week, salary range £17,816 - £25,545 pro rata per annum		
Lecturer Health & Social Care	05/39	
37 hrs per week, salary range £17,816 - £25,545 per annum		
Lecturer Health & Social Care	L90	
18.5 hrs per week, salary range £17,816 - £25,545 pro rata per annum		
Lecturer Animal Care and Land Based	07/04	
18.5 hrs per week, salary range £17,816 - £25,545 pro rata per annum		
Lecturer Animal Care and Land Based	08/133	
37 hrs per week, salary range £17,816 - £25,545 per annum. Temporary post to cover maternity leave.		
Lecturer Independent Living and Leisure Skills	08/135	
9.25 hrs per week, salary range £17,816 - £25,545 pro rata per annum		
Lecturer Independent Living and Leisure Skills	00/33	
18.5 hrs per week, salary range £17,816 - £25,545 pro rata per annum		
Lecturer Performing Arts – Drama	08/100	
18.5 hrs per week, salary range £17,816 - £25,545 pro rata per annum		
Supply Lecturers required in the following areas:		
Sport	S/SPO	
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Hairdressing	S/HAIR	
Drama	S/DRA	
Dance	S/DAN	
Various hours available, salary range £17,816 – £25,545 pro rata per annum		

For an application pack please visit www.cant-col.ac.uk or call the Personnel Office on 01227 811282 (24hr answerphone) quoting the post reference.

The closing date for the above posts is Monday 29th September 2008 at 12 noon

Staff benefits include:

- Pensions and Life Assurance Scheme
- Proximity to Mainbus / Train Stations
- Close to City Centre
- Sports Hall and Gym
- Generous Holiday Allowance
- Staff Discount Scheme



Canterbury College is an equal opportunity employer

achievement employability experience development



Canterbury College is a leading FE and HE College which offers opportunities and an environment in which our 800 staff and 12,000 learners can reach their potential, so we can achieve our goal of being one of the best Colleges by 2010. To support this, the College has been undergoing a £50 million re-development, which opened in January 2008. We are now developing plans for Phase 3, for completion in 2012.

Project Co-ordinator – College Redevelopment	08/117	
37 hrs per week, salary starting from £18,375 per annum		
Trainer Demonstrator – Sport, Leisure, Travel & Tourism	04/106	
18.5 hrs per week, salary starting from £18,375 pro rata per annum		
Trainer Demonstrator Animal Care and Land Based	TD13	
18.5 hrs per week, salary starting from £18,375 pro rata per annum		
Trainer Demonstrator – Maths/Physics	TD17	
27.75 hrs per week, salary starting from £18,375 pro rata per annum		
Lab Technician (Resource Assistant)	RA18	
18.5 hrs per week, salary starting from £14,535 pro rata per annum		
Resource Assistant/Work Placement Organiser for Health and Social Care	RA17	
18.5 hrs per week, salary starting from £14,535 pro rata per annum		
Resource Assistant Animal Care and Land Based	04/98	
37 hrs per week, salary starting from £14,535 per annum		
Placement Visitor within Early years/Playwork	04/116	
19 hrs per week, 38 weeks term time.		
Curriculum Support Assistant within the Faculty of ICT/ Retail & Commercial/ Leisure & Tourism/ Catering/ Business & Law	08/66	
37 hrs per week, 38 weeks per year term time. Salary starting from £18,375 pro rata per annum		
Curriculum Support Assistant within Health, Public Services and Care	08/131	
37 hrs per week, 38 weeks term time.		
Assistant Head Chef	RC01	
37 hrs per week, salary starting from £14,535 per annum		
Catering Assistant	CA6	
16 hrs per week, 36 weeks term time.		
Night Cleaners	08/22	
20 hrs per week, salary £6.13 per hour		
Full Time Cleaner	08/21	
37 hrs per week, salary £6.13 per hour		

For an application pack please visit www.cant-col.ac.uk or call the Personnel Office on 01227 811282 (24hr answerphone) quoting the post reference.

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- Sports Hall and Gym
- Generous Holiday Allowance
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to join and enhance our large and expanding,
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Abbey Court is located on 2 sites; Rainham (Primary) and Strood
(Secondary and Further Education), and caters for pupils aged 4-
19 with severe learning difficulties. Working hours are 32.5 p/w,
term time only. Previous experience and/or NNEB (or equivalent)
qualifications preferred. Comprehensive training
and induction will be provided.

This School is committed to safeguarding and promoting the
welfare of children and young people, and expects all staff and
volunteers to share this commitment. Any offer of appointment
for post is subject to a satisfactory Criminal
Record Bureau Disclosure.

For an application pack, please write to/telephone
(stating the role for which you are applying):
Mrs Linda Taylor, Abbey Court School, Rede Court
Road, Strood, Kent. ME2 3SP (01634 338224)

Please note CV's will **not** be accepted.

Closing Date: 19.9.2008



Head of Behaviour Pupil Referral Units

Starting salary £46,535, with progression through
contribution related pay to £53,422 per annum
Sessions House, Maidstone

This is an exciting post in the dynamic and evolving structure of
Children's Services in Kent. You will take a strategic lead in the
continued development of Pupil Referral Units across the County,
and will therefore have responsibility for professional support,
development and standards of the Behaviour PRUs. As part of the
commissioning cycle, you will proactively monitor, support and
challenge Local Children's Service Partnerships to ensure access to a
diverse range of effective educational provision for all children
attending PRUs.

Ensuring effective monitoring systems are established and
implemented according to agreed Local Authority policies and
national guidance is essential.

Already a highly successful manager in a school, Local Authority or
equivalent, with a detailed knowledge of Alternative Provision and
the capacity to improve services in a large, excellent authority you
will be a key member of the Attendance and Behaviour Service
Senior Management Team. Ref: CFE/08/0457

Closing date: Midday, 19th September 2008.

Interview date: 6th October 2008.

Alternative Curriculum PRU Gravesend and Dartford

The Gravesend and Dartford Alternative Curriculum PRU is a newly
re-established Pupil Referral Unit providing for disengaged and
disaffected Key Stage 4 young people. It provides an innovative and
exciting curriculum for students within a diverse and stimulating
working environment.

We are committed to delivering a high quality and genuinely
imaginative education, focussed on the needs of young people.

Unqualified Tutor

£14,751 to £23,331 per annum
3 year temporary contract

Ref: CFE/08/0462

Teaching Assistants

Starting salary £13,959, with progression through
contribution related pay to £15,826 per annum,
pro rata, 20 hours per week, term time only, fixed
term to August 2009

Ref: CFE/08/0463

Tutors will be responsible for the planning, delivery and evaluation of
sessions through a variety of media. As a Teaching Assistant you
will provide support to students under guidance from the tutor.
For both posts you will be committed to the welfare and education
of vulnerable and disengaged students.

Closing date for both posts: Midday, 24th September 2008.

These posts are subject to an Enhanced Disclosure from
the Criminal Records Bureau.

To apply, visit www.kent.gov.uk/jobs Alternatively,
please email recruitment.line@kent.gov.uk
or call 0845 8247 904 quoting the relevant
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Looking for Positives...

CEDAR HOUSE, BARHAM, KENT

Cedar House is a 44-bed hospital offering secure services to people with learning disabilities and challenging behaviour.
Do you want to work in a meaningful and challenging role in a stimulating environment? We currently have several
exciting opportunities to join our friendly team in the following departments:-

SOCIAL WORK

SENIOR SOCIAL WORKER

£31,040 pa – 37.5 hours per week

The post holder will provide a comprehensive social work service to
the patient group, including pre-admission assessments,
treatment plans, discharge arrangements, social work reports and
attending internal and external meetings as appropriate. You will
actively promote and enhance social work practices to the highest
standard and provide social work advice based on sound evidence
and best practice to members of the multi-disciplinary and senior
management team.

You will lead the Social Work department in developing a strategic
plan for the progression of the social work service within the unit,
providing visible social work leadership and input.

You must have comprehensive experience of working in a social
work role within a learning disability/mental health setting together
with previous supervisory experience. You will have an in-depth
understanding of the Mental Health Act 1983, Care Standards
Act 2000, relevant legislation and best practice and be able to
work according to these requirements. Relevant qualifications
and valid registration with the General Social Care Council (GSCC)
are required for this role.

NEWLY QUALIFIED SOCIAL WORKER – PART TIME POST

£25,577 pa (pro-rata for part time)

You will support in providing a comprehensive social work
service to patients, including treatment plans, discharge and
transfer arrangements, social work reports, liaising with families/
relatives regarding patient progress and facilitating home visits
where appropriate.

You will support the Senior Social Worker in delivering a high
calibre, visible social work service to the unit.

You will possess a Diploma in Social Work or recognised
equivalent and must be registered or eligible to register as
a Qualified Social Worker with the General Social Care Council
(GSCC). You will possess previous experience working within
a healthcare/learning disability environment and will have
comprehensive understanding of the Mental Health Act 1983,
Care Standards Act 2000 and other relevant legislation and be
able to work according to these requirements.

ADMINISTRATION

ROTA & KPI CO-ORDINATOR

£17,010 pa – 37.5 hours per week

You will have overall responsibility for the management of 4 weekly
rosters and co-ordinating the resourcing requirements of the nursing
and care department, including allocating overtime, agency and
bank shifts to staff. You will manage the Time Attendance Rostering
System (TARS), ensuring accurate information is inputted, and the
collation and production of accurate unit operational KPIs.

You will possess previous experience of rostering (both creation and
management) and experience in dealing with and analysing statistical
and financial information. You will have excellent communication and
IT skills, be able to work independently and as a part of a team and
be able to work to deadlines in a pressurised environment.

EDUCATION, REHABILITATION AND SKILLS DEVELOPMENT DEPARTMENT

TUTORS – COMMUNICATION, DAILY LIVING SKILLS & SPORTS/FITNESS

£17,010 pa – 37.5 hours per week (3 posts)

You will assess patient skills in your identified activity area,
plan activities according to individual needs, produce individual
learning plans and facilitate learner involvement setting positive,
achievable targets in line with service guidelines. You will
maintain daily records and submit detailed written reports
on patient progress for reviews and assessment meetings.

You will have previous experience of planning, delivering and
evaluating activities and supporting adults within your identified
activity area in a healthcare/learning disability environment. You
will possess highly developed organisational skills, be able to
manage own workload accordingly and possess a full UK Driving
Licence and be willing to drive Company vehicles. An initial
teaching qualification (C&G, 7303 PTLLS or equivalent) and
activity area related qualification is desirable.

TEACHER – BASIC SKILLS

£21,805 pa – 37.5 hours per week

You will design and deliver individually tailored educational
programmes to meet patient needs, carry out assessments,
produce individual learning plans and, mentor and develop
members of the Education, Rehabilitation and Skills Development
Department. You will facilitate learner involvement, oversee the
regular review of patient goals and take a lead role in an agreed
area of development/responsibility.

You will hold a teaching qualification (Cert.Ed., B.Ed, PGCE or
recognised equivalent), possess comprehensive experience of
planning and delivering educational sessions and have previous
supervisory experience. You will be able to effectively organise
and manage your own workload, be an excellent communicator
and be able to develop and maintain positive working relationships
with patients, colleagues and external agencies.

PATIENT ACTIVITY TIMETABLE CO-ORDINATOR

£9,808 pa – 22.5 hours per week
(to be worked across 5 days)

You will be responsible for producing weekly timetables, to include
activity sessions, staff allocation and resource availability. You will
produce accessible information for patients relating to individual
activities and provide administrative support to the Department,
including producing Key Performance Indicators (KPIs).

You will possess highly developed organisational and communication
skills, and have a working knowledge of MS Office Suite. You should
have experience of preparing materials to tight deadlines with a high
standard of accuracy and presentation and the ability to manage time
effectively, work methodically and maintain positive relationships with
patients and colleagues.

In return we offer a variety of benefits including Pension,
Life Assurance, 30 days annual leave plus Bank Holidays,
excellent training and development opportunities and
positive management support.

If you wish to be considered for any of these roles, please
contact Reception on (01227) 833700 for an application
form, alternatively you can download an application form
from our website www.careprinciples.com

Closing date: 28th September 2008.

Appointments are subject to Criminal Records Bureau Disclosure.
We are an equal opportunity employer committed to developing our staff.



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Gravesham
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Communities
Public Health and Communities

Community Health Networker - Men's mental health and well

2 year Fixed Term Contract

Ref: CHNMH/JB

Salary: Circa £18,000 - £21,000

Could you inspire men to talk about their health?

We are looking for someone who has the ability to use innovative methods to collect views and opinions from young men, men out of work and men over the age of 50 and 60 on their mental health.

Based at the Gr@nd and working across the Borough of Gravesham the post holder will carry out a needs assessment on the potential inequalities in health and wellbeing for the target groups and write a report on how these needs can be addressed.

You will be of degree calibre, with an understanding of health and health related issues specific to men's health and wellbeing. Community development experience is an essential requirement of the post.

Some flexibility in terms of evening and weekend work will be required.

Appointment is subject to a satisfactory Criminal Records Bureau check.

Networker - Health Inequalities, Rural areas

2 year Fixed Term Contract

Ref: CHNHI/JB

Salary: Circa £18,000 - £21,000

Are you passionate about enthusing others to lead a healthy lifestyle?

In this exciting new post you will work across the Borough of Gravesham to research the need for, and deliver, a variety of initiatives aimed at reducing health inequalities in rural communities.

You will be of degree calibre, with an understanding of health and health related issues. Community development experience is an essential requirement of the post.

Some flexibility in terms of evening and weekend work will be required.

Appointment is subject to a satisfactory Criminal Records Bureau check.

Closing date for all posts: 29 September 2008

For an application form and job description please contact:
Customer Services, Gravesham Borough Council, Civic Centre, Windmill Street,
Gravesend, Kent DA12 1AU.

Telephone: 01474 33 70 00
Email: customer.services@gravesham.gov.uk
Website: www.gravesham.gov.uk

Gravesham Borough Council is working towards equal opportunities and welcomes applications from all sections of the community. The council also operates a no smoking policy



achievement employability experience development



Canterbury College is a leading FE and HE College which offers opportunities and an environment in which our 800 staff and 12,000 learners can reach their potential, so we can achieve our goal of being one of the best Colleges by 2010. To support this, the College has been undergoing a £50 million re-development, which opened in January 2008. We are now developing plans for Phase 3, for completion in 2012.

Supply Lecturers

Post Ref: Supply

Various hours are available, salary range £17,816 - £25,545 pro rata pa

If you are a newly-qualified teacher, or an experienced specialist interested in a second career in Further Education, we are keen to hear from you.

This is an exciting opportunity to gain valuable experience in the Further Education sector, supply lecturing offers the possibility of part-time hours fitted around your existing commitments, and according to your own specialist skills, qualifications and experience. A teaching qualification is not always essential, however if you do not hold one then we will provide the appropriate training when you join our team

We offer a wide range of both vocational and academic courses - to find out whether your skills match any of those on offer, further details can be found at www.cant-col.ac.uk.

For an application pack please visit www.cant-col.ac.uk or call the Personnel Office on 01227 811282 (24hr answerphone) quoting the post reference.

The closing date for the above posts is Monday 29th September 2008 at 12 noon.

Staff benefits include:

- Pensions and Life Assurance Scheme
- Proximity to Mainbus / Train Stations
- Close to City Centre
- Sports Hall and Gym
- Generous Holiday Allowance
- Staff Discount Scheme

Canterbury College is an equal opportunity employer



To advertise in this section ☎ **01303 817040**



Serious about your career?

From school leavers with good 'A' levels, through competent insurance and claims technicians up to Account Executives, we're seeking people who are serious about their careers.

"A very supportive environment. Belmont keeps its promises and delivers rewards"

T. H. Account Executive

"The whole company welcomes you. I love the sociable atmosphere. Progress in your career is encouraged and rewarded"

S. K. Administrator

What we offer

- An excellent financial package
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- Staff bonus scheme
- Employee assistance programmes
- Minimum 23 days annual holiday
- Excellent working environment
- Flexible working hours, free car parking
- Active Social Club

About Belmont

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If you want a new challenge, send a full CV and covering letter stating position sought and current salary to
Sue.Wenham@belmontint.com

For more information visit www.belmontint.com



Belmont International Limited is a company registered in England & Wales under company registration number 1427492. The registered office is located at Becket House, Vestry Road, Otford, Kent TN14 5EL. Authorised and Regulated by the Financial Services Authority.



Operating in the drug & alcohol and mental health sectors, KCA (UK) provides a wide range of high quality and innovative specialist services for adults and young people.



REF: 516 - YOUNG PERSONS' DRUG AND ALCOHOL WORKER (EARLY INTERVENTION/TIER 2) - MEDWAY SCP 25 - 33, £20,736 - £26,835 (pay award pending) - 37 hours Essential Car User Allowance up to £1056

You will be involved in a range of community based services for young people who use/misuse drugs, or are at risk of doing so. This will include early intervention and prevention initiatives with targeted groups of young people through giving advice and information, raising awareness and educating them about the risks of using drugs. Much of this will be carried out through group work and presentations, with some one to one work. It will include working closely with other agencies and professionals.

You need to have good substance misuse knowledge, excellent communication and engagement skills, casework skills, and the ability to be creative and innovative. Proven experience of working effectively with young drug and alcohol users is a prerequisite.

For application forms and further information, contact:
KCA (UK), Dan House, 44 East Street, Faversham, Kent ME13 8AT.
Telephone 01795 590635, Fax 01795 539351,
Email recruitment@kca.org.uk, www.kca.org.uk.
Closing date: Monday 29th September 2008
Interview date: Friday 10th October 2008

KCA (UK) is committed to the principles of equality of opportunity for all and welcomes applications from people with experience of substance use or who have had previous problems with substance misuse.



DESPATCH PICKER

Successful Ashford Company requires up to four people to join our Despatch Picking team. The role involves selecting and picking plants for customer orders and packing plants ready for transporting.

You will be:

- Working with plants
- Working with people in a team
- Working to deadlines

The successful candidate will be able to work under pressure, work on their own and within a team which has a "can do" attitude. Some knowledge of plants and Latin names will be an advantage as well as a fork lift truck ticket. Good physical fitness and good numeracy is also required. Induction training will be given.

Usually 5 days a week Mon-Fri 7.30 to 17.00 but occasionally longer working - the job is not finished till its done and lorry's loaded. In addition there can be some Saturday (morning) working. We offer a very varied working day, good team spirit and plenty of fresh air as well as good rates of pay and rewards for good performance.

Applications in writing please, in letter, email (shawn@palmstead.co.uk) or ask for an application form from the office or download one from our web site. For an informal talk speak to Shawn Putland (01233 811307) or Steve Piddock.

Please respond to this advert by close of business Monday 6th October 2008 or before.

Palmstead Nurseries, Harville Road, Wye, Ashford Kent TN25 5EU
palmstead.co.uk



Recruitment and Training Officers

Starting salary £20,061, with progression through contribution related pay to £22,825 per annum West Kent and East Kent

KEY Training Services deliver an exciting range of innovative training programmes to people aged 14-upwards. As one of the largest work-based training providers in Kent, we offer a wide range of Vocational and Pre-vocational programmes and qualifications across 5 centres in Kent. Working with KEY provides you with excellent Professional Development Opportunities.

Our Open Door programme is an innovative confidence and motivational course, which provides young people aged 16-25 with the skills they need for further training and employment. This position is learner focused, fast paced, and above all rewarding.

To succeed, you will need to be able to deliver motivational and confidence training, whilst supporting, guiding and developing young people and engaging and encouraging employers to support young people in work placements.

Developing, implementing and researching new training ideas along with responding to change and using your initiative, will all be part of your remit.

If you have these competencies we would like you to join our team.

This post is subject to an Enhanced Disclosure Application to the Criminal Records Bureau.

To apply, visit www.kent.gov.uk/jobs Alternatively, please email recruitment.line@kent.gov.uk or call 0845 8247 904. Please quote reference number CMY/08/0210.

Closing date: Midday, 23rd September 2008.



A great place to work.
Our services aren't the same,
so neither are our people.

www.kent.gov.uk/jobs

BECOME A MULTI-SKILLED ENERGY ASSESSOR

By law trained Energy Assessors will need to carry out an estimated 3 million Energy Assessments in the year from this October - 200,000 commercial buildings, 1.8 million homes being rented and 1.1 million being sold (2.1m in normal house sale years).

Applicants are therefore required to train now - no previous surveying experience is required - at our London, Bristol, Birmingham and Manchester training centres which are approved by the Government-appointed Awarding Body for the Built Environment. The subsidised training is taken in separately bookable 1-week modules usually around current commitments and you qualify as a multi-skilled Domestic and Commercial Energy Assessor, Flood Risk Assessor and Home Inspector.

Homes now being sold already require Assessments with average fees of £70 being paid to our Assessors - fees for the 1.8m rented homes from October are expected to be similar. Fees for currently optional Home Inspections average £250 - commercial Assessments are expected to be higher. Up to 15 domestic Assessments or 6 commercial Assessments or Home Inspections are estimated to be carried out in a week, subject to size of properties and supply. As well as thousands of Assessors carrying out Energy Assessments, 7500 Home Inspectors will be needed upon Government making Home Inspections compulsory - less than a thousand are currently certified.

Regardless of the 'credit crunch' these new 'green' laws and 3 million Assessments are creating a rapidly expanding new industry which you could join, subject to interview and Aptitude test. So apply now for subsidised training and to start a new career carrying out this environmentally important work with potential multiple income stream opportunities.



Ring 020 8335 1700

Ref: HKO38E

FORT PITT GRAMMAR SCHOOL
SCIENCE AND MATHEMATICS COLLEGE
Fort Pitt Hill, Chatham, Kent ME4 6TJ
Tel: 01634 842359 Fax: 01634 817386
Email: office@fortpitt.medway.sch.uk
Headteacher: Mrs Julia M Bell, BA (Hons)
Age range 11-18 (6 f.e.) NOR 920 girls 187 in Sixth Form

SENIOR IT TECHNICIAN / WEB DEVELOPER

Full-time position - 37 hours per week
N J C Points 15-24 (£15,470 - £20,099 - pay award pending)
Position on scale according to age and experience

The school wishes to appoint a dynamic Senior IT Technician to become part of our busy support team. Applicants should have a sound working knowledge of computer hardware, software and audio/visual equipment, possess good trouble-shooting skills and have previous experience of web design and implementation. Previous experience of RM Community Connect 3 would be an advantage.

Good communication and organisational skills, a conscientious work ethic, and the ability to build and maintain positive relationships, with both staff and pupils, are essential.

ART, DESIGN & TECHNOLOGY TECHNICIAN

Term Time only - 37 hours per week
NJC Points 7-21 (£12,291 - £18,430 - pay award pending);
pro rata to £10,035 - £15,047 for Term Time only
Position on scale according to age and experience

We require, as soon as possible, an enthusiastic technician with an interest in the visual arts to join a successful Art, Design and Technology Department.

The successful candidate will be well organised, able to work on their own initiative and willing to tackle a wide range of practical activities including basic maintenance of equipment, supporting teaching and learning, preparing materials and carrying out risk assessments. An ability to work as part of a team is essential.

Any offer of appointment will be subject to satisfactory references and an enhanced Criminal Records Bureau disclosure. Please note that this school is a designated non-smoking area.

Fort Pitt is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment.

Please note that Fort Pitt operates a no smoking policy throughout the buildings and site.

If you believe that you have the skills and characteristics necessary for either of these posts then please apply by letter to the P.A. to the Headteacher, enclosing a CV and the names of two referees, by 1st October 2008.

Further details including job descriptions may be accessed from the Fort Pitt website (www.fortpitt.medway.sch.uk).



Bredlands Lane, Sturry, Canterbury, Kent CT2 0HD

NOR: 340

Principal: Mr Ian Johnson

Twin Specialisms: Business & Enterprise and Visual, Creative & Performing Arts

Director of Learning for Mathematics

MPS +TLR - £10,303

Following the promotion of the previous post holder to a senior management position, we will be appointing his permanent replacement from 1st January 2009.

This is an exciting opportunity for an ambitious and talented colleague to join our Team. Building upon the success of the Montgomery School during its final years, Spire had a very good first year. Year 7 numbers have doubled, GCSE results with English and Maths shot up from 18% to 32%, and there is a real sense of optimism in our community, a 'can do' mentality.

Maths results last year were the best of the core subjects, testimony to the quality of teaching and organisation of the curriculum. There is, however, real potential for improvement as well as the opportunity to teach at Sixth Form level through our link with the Marlowe Academy.

Potential candidates are encouraged to visit the school as part of the application process.

Please email our Personnel Manager, Marion Wigington, on m.wigington@spiresacademy.com for further details of how to apply.

Closing date: 10.00am on Friday 10th October
Interviews scheduled for the following week.

<http://www.spiresacademy.com>

Abbey Court School

"WE GROW PEOPLE"

Abbey Court School, a 'special' school and a 'special' place to work.

We are currently looking for...

CARETAKER

Medway Scale, Grade D2
£14,492 - £18,430 (PRO RATA) + SEN Allowance (£1,107) (pay award pending)

Are you committed, motivated and enthusiastic? Can you work using your own initiative, as well as being part of a team?

Abbey Court is located on 2 sites; Rainham (Primary) and Strood (Secondary and Further Education), and caters for pupils aged 4-19 with severe learning difficulties.

The post holder will be based primarily at the school's Strood site, reporting to the Site Manager and Headteacher.

This School is committed to safeguarding and promoting the welfare of children and young people, and expects all staff and volunteers to share this commitment. Any offer of appointment for post is subject to a satisfactory Criminal Record Bureau Disclosure.

For an application pack, please write to/telephone (stating the role for which you are applying):
Mrs Linda Taylor, Abbey Court School, Rede Court Road, Strood, Kent. ME2 3SP (01634 338224)

Please note CV's will not be accepted.

Closing Date: 19.9.2008

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Discover your Potential



College Information Services Assistant

Reference P0566

Salary £15,057 - £18,534

We are seeking to appoint a CIS Assistant who is able to demonstrate excellent Microsoft Office skills, pay good attention to detail and work under pressure. You will be required to assist in the maintenance and implementation of the information systems, reporting and analysing data to ensure that the College complies with relevant legislation and formal guidance. You will also be expected to provide general assistance to ensure the smooth running of the office.

Senior Technician in Electrical Engineering

Reference P0631

Salary £16,199 - £20,997

The successful candidate will carry out technician duties, assist tutors and learners in all practical aspects of electrical engineering and co-ordinate work across the department.

You will possess a suitable higher level qualification in electrical engineering and have proven experience in a relevant electrical field.

Closing date is Friday 27 September 2008

Mid-Kent College is working in partnership with RBL Employment Solutions to support individuals who have a disability or health condition in the application, interview and employment with the college. If you would like any further information regarding RBL, or require assistance with your application process then please contact RBL on 0800 753 1144 or visit their website www.rbl.co.uk for information, advice and guidance. The College is committed to safeguarding and promoting the welfare of young people and vulnerable adults and anyone applying for work with the College is expected to share this commitment. Any offer of employment is subject to an Enhanced Criminal Records Bureau Disclosure.

Application forms and further details are available from www.midkent.ac.uk. Alternatively, please email recruitment@midkent.ac.uk.

For individuals without access to e-mail or the internet please call the Personnel department on 01634 845402 (24 hour answer machine). In all communication with the college please quote the appropriate job title and reference number.



Discover the secrets of our success – Business opportunity

Breaking the mould

"We're changing the way people buy and sell their homes and we are inviting people who have the foresight to take advantage of this opportunity to join us in the revolution before others try to follow".

Christian Miles
Director, Miles & Barr



"This company is one that is as different to what we know as Estate Agents as chalk is to cheese"
Judge, Dick Pascoe, Kent County Council

- Own your own business
- Be part of an award winning brand
- Low entry costs and high earning potential
- No previous experience necessary

Become a Partner with Kent's Company of the Year

Have you ever watched The Dragon's Den where a simple but brilliant idea is presented and you sit there watching thinking "I wish I'd thought of that or could at least be part of it?"

Well, we had that same eureka moment almost two years ago, long before the current property market decline and since then we have been developing and moulding our ideas for the future into an award winning business model.

Our winning concept works even in these difficult market conditions and will have we believe as big an impact on our sector as the iPod had on the music industry.

If you would like to share in the secrets of our tried and tested formula which has set our business apart, then you'll probably already have the entrepreneurial spirit that it takes to become a business owner/partner with Miles & Barr. If you are prepared to put hard work, commitment and investment behind your ability and have the vision to see what a great opportunity this is, then you could be one of the partner's we are looking for. Whether you come from an estate agency background or not, you will need to come with an open mind and without any preconceived ideas.

We believe that the old estate agency format is dying and that once you have seen our successful formula, you to will have your own eureka moment, just like those entrepreneurs in The Dragon's Den.

If you are interested in finding out more about this life changing concept please contact Miranda Mallory on **01843 572582** or email **franchise@milesandbarr.co.uk**

www.milesandbarr.co.uk/franchise

Thanet Children's Participation Project Hythe and Ashford Saturday Club

Thanet Children's Participation Project works with children and young people to enable them to engage in positive activities, contributing to their communities and making their voices and opinions heard.

Having successfully established activity clubs for children with disabilities in both Hythe and Ashford, we are now seeking to appoint an additional number of fun-loving, creative, caring and approachable Support Workers for our Saturday Clubs. As a sessional worker your focus will be to provide support and positive play and leisure experiences for children and young people with disabilities, in a scheme that will run on two Saturdays per month in each area.

You will need to have some previous experience of working with children and young people with disabilities, a sound knowledge and understanding of the issues facing disabled children and young people, and the ability to engage with children using participative methods in an informal setting. You will be educated to GCSE standard (or equivalent). Reliability and punctuality are a critical element of this role.

Hours for these posts will be variable, though as an indication for candidates sessions usually run for five-six hours per Saturday. There may be a possibility for staff to work additional hours at either scheme during school holidays; however this aspect cannot be guaranteed. All appointments are subject to an enhanced CRB disclosure.

For an informal discussion about the role please contact the project team by telephone on **01843 596659**.

As well as a strong commitment to your development, we offer generous holidays, contributory stakeholder pension, childcare vouchers and flexible working.

To apply, please visit www.playyourpart.co.uk in the first instance, or call us on 0121 362 8633 quoting reference number Sor266/KS. Applications must be received by Thursday 18 September, and interviews will take place on 26 September.

Charity Registration No. 22124

Sessional Support Workers

£7.69 to £9.95 per hour
(pay award pending)
Temporary contract to
March 2009



The Children's Society
making childhood better

The Children's Society is a leading children's charity committed to making childhood better. We deliver specialist services for individual children who face daily disadvantage, while our research and campaigning creates real change for all children in the UK.

We strive to be an equal opportunities employer

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It all starts here.

PRODUCT ACCOUNTANT

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with Business Editor
TONY PATEY

BUSINESS BRIEFS

Proper equipment essential at height

THE Health and Safety Executive (HSE) is urging companies to provide full safety equipment to employees working at height, following the prosecution of a Hampshire company last week.

Profile Construction and Interiors pleaded guilty at Basingstoke magistrates' court and was fined £234, plus £200 costs and a victim surcharge of £15, for breaching regulation 9(2) of the Work at Height Regulations 2005.

It comes after an incident last August when an employee fell three and a half metres through a fragile roof and suffered a broken collarbone, fractured ribs and a fractured skull in three places.

He was standing on two crawling boards Profile Construction and Interiors had provided.

However, the boards were an insufficient platform to work on, and no coverings or guard-rails had been provided.

Two autumn talks

THE Kent branch of the Chartered Institute of Marketing is hosting two evening events this autumn.

The first is on Wednesday, October 8, at the Ramada Hotel Resort in Maidstone. The Kent annual marketing lecture, On a Wing and Prayer, will be delivered by Tony Anderson, former marketing director of EasyJet.

Then, at Kings Hill on Wednesday, November 12, CIM Kent branch president Dr Paul Fifield will talk on Marketing in a Recession.

Both lectures are open to all businesses and interested people. To book, visit www.cimkent.co.uk.

Chapel Down dinner

THE newly-opened restaurant run by celebrity TV chef Richard Phillips at Chapel Down vineyard is hosting an evening for county businesspeople to celebrate the best of English food and wine.

As grapes at the Tenterden vineyard near harvest time, guests will tour vineyards and the winery, followed by wine tasting and dinner.

The event on Thursday, September 25, has been organised by the Kent branch of the Institute of Directors.

Tickets are £45 for IoD members, £55 for non-members, plus VAT. Contact iod.kent@iod.com or call 01732 849570.

ADD to the pressures of modern office life

■ BY TONY PATEY

IT'S spreading from the blackboard jungle to the e-mail jungle – Attention Deficit Disorder (ADD) has migrated from the classroom to the office.

Office workers may not have heard of it but, according to Officebroker.com, which claims to work with 98 per cent of the UK's serviced office space providers and landlords, it's "one of the most alarming threats to productivity modern businesses face".

And it warns Kent firms it could well be here to stay, so has joined forces with leading stress consultant Ros Coleman to investigate if office ADD is unavoidable or if it can be sorted out by taking correct measures.

Office ADD was coined last year by American psychiatrist Dr Ned Hallowell, who noticed office workers with ADD symptoms – it's a neuro-behavioural condition, well known to teachers, which usually develops in childhood and is prevalent in one to three per cent of the world's population.

Symptoms include a poor eye for detail, forgetfulness, short attention span, listening problems, an inability to follow simple instructions, poor organisational skills, avoidance of tasks involving mental effort and the loss of important information.

Breaking point

Officebroker.com managing director Jim Venables said: "Everyone has a breaking point when put under a lot of stress. When this point is crossed we break down and our attention diminishes."

"The good news is that there are measures businesses can take to help employees regain control of their lives and manage their workloads."

Ms Coleman, a member and former vice-chairwoman of the International Stress Management Association (UK), said: "Office ADD appearing more prevalent today could be because of the incredible advances in technology we have had to adapt to."

"On the up side, it is fantastic that we now have access to virtually any information immediately. On the down side, employers expect information immediately, often to unrealistic deadlines."

"As the pressure increases, the effect it is having on individuals is taking its toll. In the UK, one in six people report their jobs to be either very or extremely stressful and work-related stress accounts for one-third of all new incidents of ill-health."



HIDDEN DANGER: Office ADD could be a sign of extreme stress or impending burnout

"This includes mild to severe mental and physical health problems, emotional exhaustion and burnout."

"This cause-and-effect situation is what psychiatrists in the United States are now labelling Office ADD. Governments and employers should be taking it very seriously."

She advises office staff to: prioritise daily workloads; set aside time to go through e-mails each day; respond to new e-mails immediately; if your body is telling to stop don't ignore it; take regular breaks,

leave your desk and drink plenty of fluids, and most important of all, communicate with your boss and with your colleagues.

Mr Venables added: "Communication is the key to overcoming this problem. It is important for organisations to look for symptoms of Office ADD among their employees."

"At least if you know the problem you can offer to help. We are all human and there should be no shame for individuals to admit they are struggling. A chain is only as strong as its weakest link."

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Flower blooms as Spitfires fall by the wayside



CAPTAIN'S INNINGS: Rob Key's 120 not out wasn't enough to stop Essex Eagles beating Kent to the Pro40 Division Two title

GRANT Flower once again proved the scourge of Kent as the Zimbabwean hit an unbeaten 68 to deny the Spitfires promotion in Division Two of the Pro40, writes **Glenn Pearson**.

After helping Essex to a five-wicket win against Kent in the Friends Provident Trophy at Lord's last month, Flower once again proved the difference to help his side win the crucial Pro40 promotion decider by four wickets.

The defeat ensured Essex finished the season as champions of Division Two while the Spitfires missed out on promotion, finishing fourth, and caps off a frustrating one-day season in which they lost in both the final of the FIFT and Twenty20.

The Spitfires scored a competitive 246-5 thanks to a superb one-day innings from

CRICKET

skipper Rob Key. The Kent captain carried his bat for an excellent unbeaten 120 which came from 117 balls and included 15 fours and one towering six.

He put on a partnership of 112 with South African Martin van Jaarsveld who was controversially run out for 60 when it looked he was on for a big score.

Overseas all-rounder Yasir Arafat struck with the first ball of the Essex innings, bowling Eagles' captain Mark Pettini with a beauty that shaped away and pegged back his off stump.

From there on there was little for Spitfires' fans to cheer as Jason Gallian (51) And Ravi Bopapa (59) shared a stand of 113 to put

their side back in charge. However, Darren Stevens, not for the first time this season, broke the partnership by taking both wickets.

It brought Flower to the crease and the Zimbabwean veteran played the perfect innings to see his side over the line. Kent's bowlers, who were below par, found him difficult to bowl too and he eventually steered his side over the line with an over to spare.

Key said after the game: "It's a shame because I felt that was a decent score, but we probably weren't at our best."

"It's been the bridesmaid season but I don't think we should accept that. We have been in effectively three finals."

"It's things like that [losing in finals] that you need to get off your back. You need to start winning stuff so next time you come around to it you're not thinking about it."

New boys fail to stop Bulls lose

DESPITE an impressive pre-season, Aylesford Bulls lost their first London South East 3 league match of season against Old Reigations.

The Bulls have recruited well over the summer with a number of new signings including former Dover player Mark Beaumont, Australian Matt Newton and Aspull RFC player Jake Gard.

The new signings were not enough as the Bulls lost by just two points in a 14-12 defeat.

After finishing fourth last season they will be looking to build on that and record their first win this term when they take on Purley John Fisher at home this Saturday.

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Mark Stimson reveals his plans to sign a striker during the loan window

Blues draw against dogged Fleet side

BEARSTED were unable to build on their first victory of the season as they were held to a 2-2 draw at the hands of Fleet Leisure in the Kent County League Premier Division on Saturday.

The Blues went into the game full of confidence after a 2-1 win against Lewisham Borough but had to fight for a point against the Northfleet-based side. The draw has moved Bearsted up to tenth position in league.

Bearsted have a break from Kent County League action next week and will return on September 27 when they host Medway side Hollands & Blair.

PLEASE SEND YOUR SPORTS STORIES TO SPORTS EDITOR GLENN PEARSON AT glenn.pearson@kosmedia.co.uk



CUP RUN: Jay Saunders celebrates his first-half goal which helped Maidstone United continue their run in this season's FA Cup, as they held off late pressure from Tooting & Mitcham

Stones play 'best football yet' to go through in cup

FA CUP FIRST QUALIFYING RD

BY TOM HOWARD

Maidstone United 2 Tooting & Mitcham 1

DESPITE a late goal from Paul Vines, Maidstone United booked their place in the second qualifying round of the FA Cup with a narrow victory at Bourne Park.

Maidstone were solid and on top in the first half, as Tooting & Mitcham were unable to deal with their brand of fast flowing football.

The first effort on target came on four minutes. Elliot Bradbrook found space in midfield, but fired a 20-yard drive straight at goalkeeper Dave King.

However, the Maidstone defence were lucky

to escape without conceding a goal on 15 minutes. Ian Cox failed to prevent Allan McLeod from shooting in the area, but his effort trickled narrowly wide.

On 21 minutes, Maidstone breached the defence with the opening goal of the game. Bradbrook's in-swinging corner was met by the unmarked Jay Saunders, who headed home from close range.

Before the Stones fans could settle they were on their feet again as they doubled their lead three minutes later. Bradbrook headed a Lloyd Blackman cross in at the far post for an almost identical goal to the first.

Tooting made two substitutions in order to try and get back in the tie and immediately caused Maidstone problems in the second half. Craig Patterson found himself in space in the area, but his acrobatic effort went wide.

With nine minutes remaining, Tooting pulled a goal back and put themselves back in the tie. Michael Antonio played the ball to striker Paul Vines on the right wing and his stunning shot from a tight angle nestled in the net off the

post.

Despite Tooting & Mitcham piling on the pressure to find an equaliser in the final five minutes, Maidstone held on for a 2-1 victory.

Co-manager Alan Walker was delighted with the result, calling the football on display the best he has witnessed in his time in charge.

"You can only beat what is put in front of you and we did a good job," he said. "In the 12 years I have been managing clubs in this area I have never had a cup run and would like one. I am looking forward to the draw for the next round."

"In the first half the performance and the football was the best I have seen from a Maidstone team. We played some excellent football but we let them get back in it in the second half due to injuries. It was a great result for the club."

Maidstone return to league action on Saturday when they travel to Harrow Borough. Harrow have only won one match so far this season. With a 100 per cent away record this season, the Stones will be hoping to preserve that with another three points.



HEAVY DEFEAT: Maidstone could not compete with the speed and clinical attacks from Dorking as they fell to a crushing opening day defeat at the weekend

Picture BOB HAYTON

Golding has work to do after mauling

CONCEDING 13 tries was not the start new Maidstone director of rugby Andy Golding had hoped for, as his side were thrashed by Dorking on the opening day of the London 2 South season on Saturday.

Golding was announced as the new director of rugby last week, following the resignation of Tony Dray, and will have his work cut out to get his side functioning well after losing by 75 points.

The home side were completely outplayed and could not deal with a side that have had back-to-back promotions.

A lack of leadership proved to be the key for Maidstone as a number of young players joined the first team for their debuts.

RUGBY

■ BY TOM HOWARD

Maidstone 10 Dorking 85

Experienced lock forward Steve Matthews was forced to sit out the match with a back strain which hindered Maidstone.

However, despite the disappointing full-time score, it was Maidstone who opened the scoring on six minutes with Mark Ryan going over. From then on Maidstone struggled with their tackling allowing the Dorking backs to gain ground quickly.

By half-time Dorking had scored 52 points to show just how much the home side struggled

in defence. For the opening 20 minutes of the second half Maidstone improved their tackling and stopped Dorking briefly, but there were patches where a lack of concentration crept in.

However, the speed and efficiency of Dorking's backs proved influential as they scored another 33 points in the second half to take their total to 85.

Maidstone did score a consolation try in the dying minutes of the match as 18-year-old prop forward Sam Bailey dived over to cut the deficit to 75 points at the final whistle.

Maidstone will have to improve dramatically if they are to secure their first points of the season when they travel to Chobham on Saturday. Chobham kicked off their London 2 South campaign on Saturday with a 3-3 draw with Thanet Wanderers.



Picture STEVE TONNEL

ON FORM: Elliot Bradbrook's heads Maidstone United into a two-goal lead on Saturday

Bradbrook delight at second chance

FOOTBALL

AFTER being voted player of the month for August by the Maidstone United fans, winger Elliot Bradbrook is relishing his second spell at the club.

The winger first played for Maidstone United under Jim Ward during the 2003/2004 season but left the club to go to university in America. Bradbrook stayed in touch and four years later, he returned to the club ready for the start of the season.

Bradbrook has already endeared himself to the fans with three goals this season and believes the team can go on to bigger and better things.

He said: "I am really enjoying it. I have been here before so I know what the club is all about. I was playing every day out in America which has helped my progress a lot.

"The fans were really good to me last season and it was partly because of them why I returned to the club. I really enjoyed it then and it has not changed since I have come back."

The 23-year-old is just one of ten players who have joined the club this season and he admitted he did not know what level of football he would experience at Maidstone.

"I mean coming here I did not know what to expect in terms of the players at the club," he said. "We have aspirations to win every game and if we keep doing that then we can achieve something this season."

Bradbrook netted Stones' second goal and created the first with a pinpoint corner in the 2-1 win against Tooting & Mitcham on Saturday. However, the winger was forced off in the second half with an injury but was happy with his display.

He said: "I can't complain to get a goal and an assist, so that was good and hopefully I should be back next week even though I limped off in the second half."

His return has impressed co-manager Alan Walker who is glad the winger called his old club first before signing for another team.

Walker said: "He has been fantastic since he has come back to the club and long may it continue.

"He is a good lad and has come back from his time in America and rejoined us. We were the first club he called and thank God really because we love him here."

Sidecar stars triumph again



SILVERWARE: Tim Reeves (left) and Patrick Farrance (right) claimed the British F1 title for a second time at Norfolk on Sunday

SIDECARS

TIM Reeves and passenger Patrick Farrance retained their British F1 Sidecar crown in a dramatic final meeting at Snetterton on Sunday.

The pair, who won the title last season, went into the final round of the championship knowing they had just a point lead over rivals Stuart Muldoon and Lee Barrett.

Tunbridge Wells' Richard Gatt was also in the title hunt, just nine points behind Reeves.

Reeves and Farrance have dominated the championship despite missing two rounds of the series due to their World Sidecar Championship commitments. The pair were on form at the Norfolk circuit to take the chequered flag as British champions for the second time.

Celebrations were set aside due to the death of Sidecar racing legend and close friend of Reeves, Steve Norbury, who

was killed earlier this month in a high-speed accident at Hockenheim.

However, with one championship decided, the Tenterden-born racer will be determined to add to his success this season by taking his fourth consecutive world championship this weekend.

Reeves will head to the final round of the championship at Le Mans, France knowing he will have to come from behind for the first time to take the title. Finnish rider Pekka Paivarinta leads the championship and Reeves will have to better his results to take the title.

He said: "I am not giving my world title away without a fight. I am up for the challenge and if I can win the race then I have done as much as I can. The rest is in the hands of the gods."

The Le Mans circuit is a favourite of Reeves' who took the chequered flag there last year to secure his third consecutive world title.

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ALL SPORTAGE MODELS COME WITH 7 YEAR/100,000 MILE WARRANTY* AND 10 YEAR ANTI-PERFORATION WARRANTY† AS STANDARD. THE OFFICIAL FUEL CONSUMPTION FIGURES IN MPG (L/100KM) FOR THE KIA SPORTAGE RANGE ARE: URBAN: 31.7(8.9) - 26.6 (10.6), EXTRA URBAN: 45.6 (6.2) - 41.5 (6.8), COMBINED: 39.8 (7.1) - 34.4 (8.2). OFFICIAL CO₂ EMISSIONS ARE 187 - 210g/km. ALL PICANTO MODELS COME WITH 3 YEAR UNLIMITED MILEAGE WARRANTY AND 6 YEAR ANTI-PERFORATION WARRANTY† AS STANDARD. THE OFFICIAL FUEL CONSUMPTION FIGURES IN MPG (L/100km) FOR THE KIA PICANTO ARE: URBAN: 47.9 (5.9) - 37.2 (7.6), EXTRA URBAN: 65.7 (4.3) - 55.4 (5.1), COMBINED: 57.6 (4.9) - 47.1 (6.0). OFFICIAL CO₂ EMISSIONS ARE 117 - 143g/km. ALL CEE'D MODELS COME WITH 7 YEAR/100,000 MILE WARRANTY* AND 10 YEAR ANTI-PERFORATION WARRANTY† AS STANDARD. THE OFFICIAL FUEL CONSUMPTION FIGURES IN MPG (L/100km) FOR THE KIA CEE'D 1.6 CRDi GS ARE: URBAN: 52.3 (5.4), EXTRA URBAN: 68.9 (4.1), COMBINED: 62.8 (4.5). OFFICIAL CO₂ EMISSIONS ARE 119g/km. ALL RIO MODELS COME WITH 3 YEAR UNLIMITED MILEAGE WARRANTY AND 6 YEAR ANTI-PERFORATION WARRANTY† AS STANDARD. THE OFFICIAL FUEL CONSUMPTION FIGURES IN MPG (L/100km) FOR THE KIA RIO DIESEL ARE: URBAN: 52.3 (5.4), EXTRA URBAN: 68.9 (4.1), COMBINED: 62.8 (4.5). OFFICIAL CO₂ EMISSIONS ARE 119g/km. ALL SORENTO MODELS COME WITH 3 YEAR UNLIMITED MILEAGE WARRANTY AND 6 YEAR ANTI-PERFORATION WARRANTY† AS STANDARD. THE OFFICIAL FUEL CONSUMPTION FIGURES IN MPG (L/100km) FOR THE KIA SORENTO RANGE ARE: URBAN: 28.2 (10.0) - 19.9 (14.2), EXTRA URBAN: 42.2 (6.7) - 31.7 (8.9), COMBINED: 35.8 (7.9) - 26.2 (10.8). OFFICIAL CO₂ EMISSIONS ARE 209 - 258g/km. ALL SEDONA MODELS COME WITH 3 YEAR UNLIMITED MILEAGE WARRANTY AND 6 YEAR ANTI-PERFORATION WARRANTY† AS STANDARD. THE OFFICIAL FUEL CONSUMPTION FIGURES IN MPG (L/100km) FOR THE KIA SEDONA RANGE ARE: URBAN: 27.7 (10.2) - 19.3 (14.6), EXTRA URBAN: 44.1 (6.4) - 33.6 (8.4), COMBINED: 36.2 (7.8) - 26.4 (10.7). OFFICIAL CO₂ EMISSIONS ARE 206 - 255g/km. Price correct at time of going to press and specification shown is subject to change without notice. *Image is for illustration purposes only and model shown is not to UK specification. Kia Picanto range from £5,995 On The Road (OTR). Metallic paint option £330.00 inc. VAT. Alloy wheels are a cost option; Kia cee'd 1.6 CRDi GS @ £13,145.00 On The Road (OTR) plus optional metallic paint (£360.00 inc. VAT). Kia cee'd range from £10,995 OTR; Kia Rio range from £6,995 On The Road (OTR). Metallic paint option £330.00 inc. VAT. Sunroof shown is a cost option; Kia Sorento range from £18,195 OTR (including customer saving). Metallic paint option £390.00 inc. VAT; Kia Sedona range from £16,195 On The Road (OTR). Metallic paint option £390.00 inc. VAT. OTR price includes VAT, number plates, delivery, 12 months Government Vehicle Excise Duty and Vehicle First Registration Fee. †Annual bodywork inspection required for which a charge may apply. Headline MPG figure refers to the official combined fuel consumption figure for a cee'd 1.6 CRDi GS manual. *cee'd warranty is: 3 years/ unlimited mileage - full warranty coverage, 4 > 7 years/100,000 miles - full warranty coverage, 7 years/100,000 miles point warranty and 10 years/unlimited mileage anti-perforation warranty. Offer price available on all new Sorento models registered between 01/07/08 and 30/09/08, subject to availability. Certain fleets and categories of purchaser excluded, please refer to Kia Motors UK Ltd for list. Retail sales only. *0% finance offer available on Sedona GS models registered between 01/07/08 and 30/09/08, subject to availability. Minimum deposit 30%. Finance is available subject to status to UK residents aged over 18. Guarantees/indemnities may be required. Finance is provided by GE Money, a trading name of GE Capital Bank Limited, registered in England (No 1456283) at 6 Agar Street, London WC2 4HR. Certain fleets and categories of purchaser excluded, please refer to Kia Motors UK Ltd for list.



Construction Expo 2008 has joined with Kent's Future Live, the regeneration show that has been held successfully for the past two years within Kent County Show. The merger of these two events will provide a powerful business platform for all those interested in construction, development and regeneration projects in Kent and Medway.

SEEDA, delivery boards, contractors, architects, developers, planners, suppliers, utilities and training providers are among the many exhibiting and visiting the show. Invitations have been sent to key decision-makers in the industry and to Ministers and local MPs.

A comprehensive conference programme will be held throughout the day; In the main exhibition area, modern building techniques will be demonstrated including the application of clay block and engineered flooring systems by Natural Building Technology and Total Floor Solutions. Other interactive demonstrations featuring brickwork, carpentry, painting and decorating, and roofing will be on hand.

Denne Construction will host its own mini-expo, aimed at schools, in a marquee next to the main exhibition area.

The show promises to be a valuable and vibrant day, concluding with a champagne reception and guided tour of the Rochester Riverside development on board the refurbished paddle steamer, Kingswear Castle.

Entry to Construction Expo 2008 is free to visitors who will have the opportunity to:

- View a wide range of solutions and services on offer from leading suppliers
- Receive expert advice from industry experts
- Attend a comprehensive Conference Programme – covering key issues within the industry
- Network with key players
- Visit the Mini Expo, showcasing work from schools in Kent and Medway

Dining and Refreshments

Hot and cold food available all day

Construction Expo is on Wednesday 24th September 2008 at Chatham Historic Dockyard.

The exhibition opens at 8am and finishes at 4pm. Entry for visitors is free and fast track registration is available by visiting the website www.constructionexpo.co.uk or emailing liz.hare@constructionexpo.co.uk or call **01303 817172** for more information regarding the show.



CONFERENCE PROGRAMME

Start	Speaker	Subject	Start Speaker	Subject	
	 Glenys Gilbert-Collins Project Director North Kent Construction Skills Glenys will be your host for the day		11.05am	Stephen Stone Chief Executive, Crest Nicholson 	Realising the Rochester Riverside Vision An exciting programme of Rochester Riverside flagship development will be unfolded during this presentation by the insightful CEO of Crest Nicholson. What is coming to Rochester and what will be the effect on Medway? (Later on in the afternoon, a riverside tour will be hosted by Medway Renaissance; there are limited places, so book if you haven't already done so!)
9.00am	Councillor Jane Chitty Portfolio Holder for Strategic Development and Economic Growth for Medway Council 	Introduction Jane will be opening and welcoming delegates and exhibitors at this year's Construction Expo.	11.30am	Pooran Desai OBE Sustainability Director BioRegional Quintain and One Planet Living 	One Planet' Pooran is a founding director of BioRegional Quintain Ltd, who are the joint developers alongside Crest Nicholson on Rochester Riverside. Pooran will outline the principles that form One Planet Living and what it will mean for people who will live, work and create a community at Rochester Riverside. Pooran is also going to be one of our judges throughout the day at the mini expo for schools sponsored by Denne Construction.
9.15am	David Liston-Jones Chief Executive of the Thames Gateway Kent Partnership 	Outline of presentation to Construction Expo 24 September 2008 David Liston-Jones's presentation will set the context for the day's discussions. He will describe the development of the Thames Gateway programme, and the particular issues and challenges we face in the Kent part of the Gateway. He will explain how the authorities and partnerships in North Kent are working together to tackle those issues, and highlight some examples of the real and significant progress that has already been made. Whilst we are currently operating in a challenging economic climate, the Thames Gateway is a long-term initiative and David will talk about the exciting plans for the future of the area.	12.10pm	Rob Thompson Legal Executive Brachers Solicitors 	Debt Recovery In this current period of economic uncertainty, Rob will present a practical "self-help guide" to help prevent businesses within the construction industry from falling victim to bad debt. After setting the scene with the latest debt statistics, he will deal with relationships with customers, with a view to hopefully avoiding problems arising in the first place. Emphasis will also be placed on the importance of clear contractual relations and maintaining the balance between marketing and realisations. Finally, he will share some hints on how to ensure that you are not seen as a "soft touch" whilst at the same time maintaining good customer relations.
9.45am	Wayne Hemingway MBE Designer and Business leader 	The Bridge Wayne has been working with Taylor Wimpey and Broadway Malyan on the masterplan for one of the first Thames Gateway schemes in Dartford, The Bridge. He is therefore no stranger to the wider Thames Gateway issues surrounding social housing, space, design, jobs and skills. In his presentation Wayne will outline his vision and what opportunities are to be had at both the good and the challenging times. Wayne will welcome questions from the floor after his presentation. Wayne is also going to be one of our judges throughout the day at the mini expo for schools sponsored by Denne Construction.	12.45pm	John Winson Site Facilities and Business Development Manager for Select Plant Hire Lang O'Rourke group	Setting up a construction site John will outline the issues involved in setting up site accommodation and the ever increasing cost of hiring so many different skilled contractors. He will cover the constraints surrounding planning, security as well as new environmental requirements.
10.15am	Alan Cherry Chairman of Countryside Properties 	The Future – A developers' perspective What's happening in Kent and Medway? What shape and form will it take and how is the industry responding to the changes? With the demand for sustainable communities, more social housing and so on, how should the industry respond to these demands? Alan Cherry brings a wealth of experience to this Expo conference and will explore these issues with his audience.	1.20pm	Paul Toben Programme Manager- London 2012 Games Business Link Kent 	Register for CompeteFor and see opportunities 2012 Games, Is your company fit enough to compete for the work being generated by the 2012 Games? Paul will give practical advice as to how companies in Kent and Medway can register for CompeteFor and access London's 2012 sub-contractor opportunities.
10.40am	Pete Halsall Managing Director of BioRegional Quintain 	Building techniques and skills So how will Rochester Riverside be built? Pete will give a clear outline exploring examples of the new building techniques and skills sets to be adopted at Rochester Riverside and where they have been used in other parts of the South East. He will also explore the opportunities that exist for local companies when adopting new modern methods of construction. There will be live demonstrations of some of these techniques taking place on the event floor throughout the day.	1.55pm	Jane Ollis Sustainable Business Programme Manager: Business Link Kent 	Are you a small firm looking to win public sector contracts? Find out what public sectors contracts are coming up in Kent over the next 6 months and the opportunities for your business. Preparing tenders can help you win big orders but can be time consuming and costly. Come along to this session to find out why its worthwhile and why your environmental credentials are becoming more important.
			2.30pm	Russ Timpson Principal Engineer and Managing Director of the Fire Strategy Co 	Fire Safety A talk on serious fires at construction sites which will include 2 to 3 case studies and the risk management around these.
			3.00pm	Wendy Mesher Medway Renaissance 	Rochester Riverside Tour with champagne reception A guided tour of the Rochester Riverside development on board the refurbished paddle steamer, Kingswear Castle. Spaces are limited for the boat tour, so book early!
Conference Programme may be subject to changes without prior notification					